



SENATOR SPA
SWIM. FITNESS. LIFESTYLE.



DECEMBER

Weekly Class

SCHEDULE

Class Pricing:
Members: Free
Hotel Guests: Free
Non-Members:
\$25 Per Class
10 Visit Class Pass: \$180

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30 am	Total Body Circuit with Allen	Progressive Overload with Allen	Tabata Full Body with Allen	Total Body Circuit with Allen	Progressive Overload with Allen		
6:30 am							
8:00 am						Brick Bodies with Wendy	
8:30 am	Splash Aerobics with Shelly	Slow Flow Yoga with Julia	Splash Aerobics with Shelly	Slow Flow Yoga with Sally	Splash Aerobics with Shelly		
8:30 am	Full Body Fitness with Wendy		Full Body Fitness with Wendy		Belly Dance with Wendy		
9:00 am						Saturday Soul Revival Yoga with Wendy	
9:30 am	Core Body Strength with Wendy		Core Body Strength with Wendy				Basic Qigong with Shalimar
9:45 am		Gentle Yoga with Julia		Mindfulness Class & Meditation with Brenda	Gentle Yoga with Wendy		
10:30 am							Intermediate Qigong with Shalimar
12:15 pm	Functional Fitness with Trish		Functional Fitness with Trish				
4:00 pm	Kick-Mix with Trish	Tabata with Trish	Qigong with Brenda	Tabata with Trish			
5:30 pm		Splash Aerobics with Erin in the Pool		Splash Aerobics with Shalimar in the Pool			
6:00 pm	Vinyasa Yoga with Julia						