



NOVEMBER

Weekly Class

SCHEDULE

Class Pricing:
Members: Free
Hotel Guests: Free
Non-Members:
\$28/\$30 Per Class
10 Visit Class Pass: \$190

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30 am	Resistance Training with Allen	Total Body Circuit with Allen	Resistance Training with Allen	Total Body Circuit with Allen	Resistance Training 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	Tabata Full Body with Trish	Total Body Circuit with Allen	Resistance Training with Allen	Total Body Circuit with Allen	Resistance Training with Allen		
4:00 pm	Kick-Mix with Trish	Tabata with Trish	Qigong with Brenda	Tabata with Trish			
4:30 pm					Cardio Drumming with Shalimar		
5:30 pm		Splash Aerobics with Shalimar in the Pool		Splash Aerobics with Erin in the Pool			
6:00 pm			Slow Flow Yoga with Sally				

