



# JANUARY

## 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	Tabata 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 Allen	Total Body Circuit with Allen	Resistance Training with Allen	Tabata 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		
5:00 pm			Qigong with Brenda				
5:30 pm		Splash Aerobics with Shalimar in the Pool		Splash Aerobics with Erin in the Pool			
6:00 pm	Slow Flow Yoga with Nichole		Slow Flow Yoga with Sally				

Happy New Year

<b>BELLY DANCE</b>	Belly dance is a fun, beautiful way to work out. This ancient dance form builds whole-body strength and endurance with an emphasis on rhythm, flow, and expression - 1 Hour
<b>FULL BODY FITNESS</b>	Intermediate/advanced level, higher intensity strength and endurance workout using body weight, free weights, balls, and bands - 50 minutes
<b>CORE BODY STRENGTH</b>	Gentle effective exercises improve functional fitness & reduce pain through proper mobilization & stabilization of the core. For all levels - 50 minutes
<b>GENTLE YOGA W/ JULIA</b>	You will stretch the body & mobilize your joints from a foundation of strength and stability. To better our posture, alignment, improve balance, and practice functional movements that will be of benefit both on and off the mat. Breath-work and simple meditations can also be expected in this class. All levels welcome - 1 Hour
<b>MINDFULNESS &amp; MEDITATION</b>	To promote mindfulness and relaxation, this class will provide a guided meditation w/discussion and reflection. To assist with relaxation, may bring a light blocking mask and a blanket or mat for sitting or lying down. Class time varies according to the attendees needs. - 30-60 minutes
<b>GENTLE YOGA W/ WENDY</b>	You will focus on building shapes from the ground up and the core out. Students will explore how to safely transition through different asana postures. Discover what works best for your individual body while combining breath and intention with fluidity and grace. All students welcome - 1 Hour
<b>KICK MIX</b>	Combination of cardio kickboxing sequences & weight training using free weights, balls, and bands. Class will feature a special core training circuit - 45 minutes
<b>SPLASH AEROBICS</b>	The ultimate in a low impact/high benefit water workout for all ages and abilities - 1 Hour
<b>SLOW FLOW YOGA</b>	Establish a deeper connection within your body, breath, and mind in this slow yet steady class. We'll weave the practice of movement and mindfulness together to create a wholesome experience that leaves you feeling balanced, physically and energetically - 1 Hour
<b>QIGONG</b>	Qigong is a mind-body exercise form that uses meditation, breathing, and movement to increase energy and enable the body to heal itself. -60 min
<b>QIGONG &amp; INTERMEDIATE QIGONG</b>	Thai Chi foundational practice that massages meridians & pressure points through specific poses and movements. This is a gentle moving meditation & practice for all, especially those living with chronic health problems, or returning to exercise after a break. Great for beginners and regulars who want the full warm up to the *NEW Intermediate Qigong! - 75 minutes.
<b>INTERMEDIATE QIGONG</b>	Intermediate Qigong - for those who have experience with the basic level workout. A self healing, class exploring ancient moving meditation systems (similar to Tai Chi) that maximizes wellness through our connection to the vital life force energy and our highest potential. Please arrive at 10:15 to warm up before class begins. - 30-40 minute
<b>SATURDAY SOUL REVIVAL</b>	Combines ancient wisdom with modern science to relax the body, calm the mind, and engage the spirit. All Levels - 1 Hour
<b>BRICK BODIES</b>	Brick Bodies: a high-intensity sweat-fest inspired by Beachbody Insanity! Maximum calorie burn in minimal time, targeting all aspects of fitness with power, endurance, bone density, strength, mobility, agility and balance. Includes high-impact and low-impact options. Intermediate/advanced. - 40 minutes
<b>FULL BODY CIRCUIT</b>	A high-intensity, multi-discipline workout combining resistance training, plyometrics, cardio, body weight exercises, yoga, and dynamic stretching. Fitbits and smart watches encouraged to track heart rate. This fast-paced class is a FAT BURNER!! -50 minutes
<b>RESISTANCE TRAINING</b>	A combination of exercises that strengthens and builds endurance in your muscles by making them work against an external force. Barbells, dumbbells, kettlebells, weighted balls, bands, and your body weight will be used in a strategic combination to achieve these goals. All fitness levels welcomed. -50 minutes
<b>TABATA FULL BODY</b>	Full body workout incorporating resistance, plyometrics, and body weight exercises in 4 minute intervals of training with 20 seconds of exercise with 10 seconds of rest... 8 rounds of 20x10 with breaks in between each set... The class will increase your aerobic and anaerobic strength by increasing your VO2 max, while burning fat at an accelerated rate. All fitness levels welcome -50 minutes
<b>OUTDOOR BOOT CAMP</b>	A dynamic workout featuring agility ladder drills, tire flipping, hill runs, bodyweight strength exercises, and interval running, all spiced up with some CrossFit favorites. If the weather doesn't cooperate, we'll move indoors for a Tabata session. All fitness levels welcome. -50 minutes
<b>CARDIO DRUMMING</b>	Come on out and have a party with us! Fun dance music and some full body moves while learning some of the basics of drumming similar to Taiko! A very energizing class- a great way to kick off the week! This can be done sitting or standing. Late comers welcome- come on over after work! -45 minutes