



SENATOR SPA  
SWIM. FITNESS. LIFESTYLE.



# MAY

# Weekly Class SCHEDULE

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

MONDAY      TUESDAY      WEDNESDAY      THURSDAY      FRIDAY      SATURDAY      SUNDAY

5:30 am	Total Body Strength Upper Body /Core with Corey		Total Body Cardio Circuit with Corey		Total Body Strength Lower Body /Core with Corey		
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		
10:45 am							Intermediate Qigong with Shalimar
11:00 am	Tabata Full Body with Trish	Total Body Circuit with Allen		Total Body Circuit with Allen			
12:00pm			Resistance Training with Allen		Kick Mix with Trish		
4:00 pm	Kick-Mix with Trish	Tabata with Trish		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 Nichole				