

APRIL

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	Total Body Strength Lower Body /Core <i>with Corey</i>	Total Body Cardio Circuit <i>with Corey</i>	Total Body Strength Chest, Arms, Back <i>with Corey</i>	Total Body Cardio Circuit <i>with Corey</i>	Total Body Strength Upper Body /Core <i>with Corey</i>		
6:30 am							
8:00 am						Brick Bodies <i>with Wendy</i>	
8:30 am	Splash Aerobics <i>with Shelly</i>	Slow Flow Yoga <i>with Julia</i>	Splash Aerobics <i>with Shelly</i>	Slow Flow Yoga <i>with Sally</i>	Splash Aerobics <i>with Shelly</i>		
8:30 am	Full Body Fitness <i>with Wendy</i>		Full Body Fitness <i>with Wendy</i>		Belly Dance <i>with Wendy</i>		
9:00 am						Saturday Soul Revival Yoga <i>with Wendy</i>	
9:30 am	Core Body Strength <i>with Wendy</i>		Core Body Strength <i>with Wendy</i>				Basic Qigong <i>with Shalimar</i>
9:45 am		Gentle Yoga <i>with Julia</i>		Mindfulness Class & Meditation <i>with Brenda</i>	Gentle Yoga <i>with Wendy</i>		
10:45 am							Intermediate Qigong <i>with Shalimar</i>
11:00 am	Tabata Full Body <i>with Trish</i>	Total Body Circuit <i>with Allen</i>	Resistance Training <i>with Allen</i>	Total Body Circuit <i>with Allen</i>	Kick Mix <i>with Trish</i>		
4:00 pm	Kick-Mix <i>with Trish</i>	Tabata <i>with Trish</i>		Tabata <i>with Trish</i>			
4:30 pm					Cardio Drumming <i>with Shalimar</i>		
5:00 pm			Qigong <i>with Brenda</i>				
5:30 pm		Splash Aerobics <i>with Shalimar</i> in the Pool		Splash Aerobics <i>with Erin</i> in the Pool			
6:00 pm	Slow Flow Yoga <i>with Nichole</i>		Slow Flow Yoga <i>with Nichole</i>				

