



# February Class Schedule

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:00 a.m.	Mind/Body Stretch	Triple Blast	Mind/Body Stretch	Zumba	Kickboxing	Triple Blast	Mind/Body Stretch
9:00 a.m.	Fire Flow Yoga	Pilates	Yoga Fusion	Pilates Props	Mind/Body Stretch	Ballet Barre	Boot Camp Pilates
10:00 a.m. Fitness Studio					Fire Flow Yoga	Yoga	
10:00 a.m. Lap Pool	Water Conditioning	Water Conditioning	Water Conditioning	Water Conditioning	Water Conditioning	Water Conditioning	Water Conditioning
3:00 p.m.	Ballet Barre	Yoga Core	Zumba				Triple Blast
4:00 p.m.	Pilates	Chakra Journey	Pilates	Triple Blast	Ballet Barre	Pilates	Yogilates
5:00 p.m.		Zumba	Ballet Barre		Pilates Props	Zumba	

# Class Descriptions

**BALLET BARRE:** Standing Ballet Barre work to tone, strengthen, and stretch the legs and glutes while improving balance and core stability.

**BOOT CAMP PILATES:** A fun, but tough stylized Pilates class that will challenge your strength, flexibility and your core with the use of small equipment.

**CHAKRA JOURNEY:** Activate the physical, emotional, mental, and spiritual elements as you journey through the Chakra and strengthen the entire body through stretching, balancing and concentrated breathing.

**FIRE FLOW YOGA:** Ignite your shakti through an inspired sequence to increase the breath & raise the heart rate (intermediate to advanced).

**KICKBOXING:** A high intensity workout focusing on physical toning and conditioning using basic kickboxing techniques.

**MIND/BODY STRETCH:** Experience Pranayama, breathing techniques, through light stretching, to bring relaxation to the whole body. Start your day fresh and focused.

**PILATES:** A class designed to strengthen and lengthen the core muscles of the body.

**PILATES PROPS:** A traditional pilates class that incorporates the use of small props to enhance mind/body awareness.

**TRIPLE BLAST:** An exciting nonstop class of 15 min cardio, 15 min strength training, and 15 min abs. Sneakers required.

**WATER CONDITIONING:** A class designed for all fitness levels to show how heavy the water can be. Be prepared for running and playful sprints, with little impact on your joints.

**YOGA:** A series of stretches that will awaken your energy and body.

**YOGA CORE:** Find and learn your core strength through yoga postures, alignment and balance.

**YOGA FUSION:** An innovative class blending various styles of yoga, meditation, and core balancing.

**YOGILATES:** A class that combines both Yoga and Pilates principles.

**ZUMBA:** Combines high energy and motivating music with the principle that workouts should be "fun and easy to do". Dance the fast and slow rhythms for aerobic training that helps tone and sculpt the body. Sneakers required.

*Please arrive no sooner than 10-minutes prior to class start time. All classes are located in The Studio on the Mezzanine level of the main hotel - excluding Water Classes. Participants are to take the elevators across from the Seafood Bar to the Mezzanine level. Water classes are weather permitting and should meet in the Lap Pool.*

*Should you wish to schedule a private one-on-one class or have any questions, please contact The Spa at 1-888-BREAKERS or 561-653-6656. You may also press 6656 from any in-house telephone.*