

# August Class Schedule

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00 a.m.	Pilates Props	Pilates	Yoga Fusion	Pilates Props	Cardio Fusion	Foam Rolling	Power Pilates
10:00 a.m.	Aqua Fit	Water Field	Aqua Fit	Water Field	Aqua Fit	Water Field	Aqua Fit
4:00 p.m.	Tai Chi	Chakra Journey	Triple Blast	Boot Camp Pilates	Pilates	Chakra Journey	Body Works

## Class Descriptions

**AQUA FIT:** Cardio and strength training workout in the oceanfront lap pool.

**BODY WORKS:** An interval training class designed to tone and sculpt the body. This class uses a combination of cardio movements and light weight exercises.

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

**CARDIO FUSION:** A fun, interactive dance routine that incorporates low impact movements while increasing the heart rate. Completed with stretching and breathing.

**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.

**FOAM ROLLING:** A form of self massage using a cylindrical piece of dense-celled foam. Improves mobility and flexibility of the core muscles and joints.

**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.

**POWER PILATES:** A classical pilates class for the intermediate to advanced student moving constantly to increase heart rate and challenge your core to the maximum.

**TAI CHI:** Channel energy using martial arts to unite mind and body. Tai Chi is a non-impact exercise designed to improve posture, breathing, strength and balance.

**TRIPLE BLAST:** An exciting non-stop class of 15 min cardio, 15 min strength training and 15 min abs.

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

*Please arrive 15-minutes prior as each class has limited availability. All classes are located in the Fitness Center of the main hotel (first floor) - excluding Water. Participants are welcome to meet directly at the Fitness Center or encouraged to arrive early if meeting at The Spa. Participants will be escorted from The Spa 5 minutes before the start of each scheduled class.*

*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.*