

SEPT / OCT

# FITNESS CLASSES

## MONDAY

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7:30AM TRX Fusion **AT** *Debbie*  
8:30AM 30MIN Full Body Stretch **AT** *Debbie*  
8:00AM Power Yoga Flow **MB**  
9:30AM Aqua Fit **SB** *Debbie*

## TUESDAY

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7:00AM Strength Training **FS** *Debbie*  
8:00AM Deep Yoga Stretch **FS** *Debbie*  
10:30AM \*Aerial Yoga **AT** *Debbie*

## WEDNESDAY

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7:30AM TRX Fusion **AT** *Debbie*  
8:00AM Power Yoga Flow **FS** *Susan*  
9:00AM Aqua Fit **SB** *Debbie*

## THURSDAY

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7:00AM Strength Training **FS** *Vera*  
8:00AM Wall Yoga **MB** *Abdelhak*  
9:30AM Barre BURN **FS** *Erica*

## FRIDAY

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7:00AM WellFit **FS** *Debbie*  
8:30AM Cardio Kickboxing **FS** *Debbie*  
10:00AM \*Aerial Yoga **AT** *Debbie*

## SATURDAY

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7:30AM Spin & Core **FS** *Debbie*  
9:00AM TRX Fusion **AT** *Debbie*  
10:00AM \*Aerial Yoga **AT** *Debbie*

## SUNDAY

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7:30AM Wall Yoga **MB** *Abdelhak*  
8:30AM Surfset Fitness **FS** *Abdelhak*  
10:30AM \*Aerial Yoga **AT** *Abdelhak*

### LOCATION KEY:

**FS** FITNESS STUDIO  
**MB** MIND/BODY STUDIO  
**AT** ATRIUM  
**EP** EAST POOL  
**SB** SUNSET BEACH POOL  
**SP** SPA POOL  
▶ FITNESS ON DEMAND  
**SL** SPA LOBBY

LIVE IT WELL

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\*AERIAL YOGA & FLOAT FIT YOGA | \$12 PER PERSON.

*Limit 6 attendees per class. Fitness schedule may vary.*

*Check with the spa for details.*

Please call Spa Reservations **480.585.2732** to book.