



September 2021 Fitness Class Schedule

Classes are 50 minutes long unless otherwise noted. Any necessary equipment for classes will be provided

*** Classes are complimentary for all Hotel Recreation members, hotel guests and day spa guests. ***

*** Fitness classes are subject to change or cancellation due to instructor availability, inclement weather, or unforeseen circumstance ***

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 8:30am Yoga w/Kate	2 8:30am Wellness Walk w/Christine	3 8:30am Yoga w/Kate 9:30am Meditation in Motion w/Kate	4 8:30am Strength & Cardio w/Suzanne 9:30am Wellness Walk/Stretch w/Suzanne
5 8:30am Fitness Fusion w/Suzanne 9:30am Refresh, Restore, Rejuvenate w/Suzanne	6 8:30am Yoga w/Kate	7 8:30am Wellness Walk w/Christine 10:00am Strength & Cardio w/Tina 11:00am Water Fitness w/Tina	8 8:30am Yoga w/Kate	9 8:30am Wellness Walk w/Christine 1:00pm Water Fitness w/Tina	10 8:30am Yoga w/Kate 9:30am Meditation in Motion w/Kate	11 7:30am Yoga w/Erica 8:30am Strength & Cardio w/Suzanne 9:30am Wellness Walk/Stretch w/Suzanne
12 8:30am Fitness Fusion w/Suzanne 9:30am Refresh, Restore, Rejuvenate w/Suzanne	13 8:30am Yoga w/Kate 10:00am Strength & Cardio w/Tina 11:00am Water Fitness w/Tina	14 8:30am Wellness Walk w/Christine 10:00am Drum Fitness 11:00am Water Fitness w/Tina	15 8:30am Yoga w/Kate	16 8:30am Wellness Walk w/Christine	17 8:30am Yoga w/Kate 9:30am Meditation in Motion w/Kate	18 8:30am Yoga w/Erica
19	20 8:30am Yoga w/Kate	21 8:30am Wellness Walk w/Christine 10:00am Strength & Cardio w/Tina 11:00am Water Fitness w/Tina	22 8:30am Yoga w/Kate	23 8:30am Wellness Walk w/Christine	24 8:30am Yoga w/Kate 9:30am Meditation in Motion w/Kate 10:00am Strength & Cardio w/Tina 11:00am Water Fitness w/Tina	25 7:30am Yoga w/Erica 8:30am Strength & Cardio w/Suzanne 9:30am Wellness Walk/Stretch w/Suzanne
26 8:30am Fitness Fusion w/Suzanne 9:30am Refresh, Restore, Rejuvenate w/Suzanne	27 8:30am Yoga w/Kate 10:00am Strength & Cardio w/Tina 11:00am Water Fitness w/Tina	28 8:30am Wellness Walk w/Christine	29 8:30am Yoga w/Kate	30 8:30am Wellness Walk w/Christine 1:00pm Water Fitness w/Tina		

September 2021 Fitness Class Descriptions

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Cardio, Strength & Abs – Sequence through a total body work out that starts off with different types of cardio and transitions to strength conditioning followed by core strengthening.

Cardio Drumming – Drum along to the beat using drumsticks and a stability ball in this cardio-based interval training workout.

Gentle Stretch – Enjoy a relaxing light stretch designed for those who want to help release the tension from their day.

Fitness Fusion- Come prepared to move and feel good in your body as we invite a variety of movement: ie: a walk (weather permitting), cardio, agility, core, balance, yoga, stretch.

Meditation in Motion – This class uses slow and controlled movements to activate and focus chi or the energy of the body. It uses a combination of Qi Gong, somatic and gentle movements connecting with the breath.

Refresh, Restore, Rejuvenate – Experience yoga bliss. Relax muscle tension and open your body to myofascial release through supported yin yoga postures. This slow, mindful practice teaches the importance of support and letting go; leaving you feeling more energized and grounded. No yoga experience required. Note this is a floor-based class holding supported postures 1-3 minutes.

Synergy Fitness – Using the TRX straps, Synergy station and other strength training techniques, work your whole body with this interval style training workout.

Water Fitness – Give your body and joints a break by doing all your favorite and familiar exercise movements in our indoor pool. Utilizing the resistance of the water this class focuses on the benefits of improving flexibility while increasing cardiovascular strength and stamina.

Yoga – A class focused on the basics of yoga, breath work & movement. Posture alignment and deep breathing are used to connect within.