

# Fitness Activities



## FITNESS SCHEDULE

### MONDAY

8:30am-9:30am Wall Yoga  
10:00am-11:00am Organic Flow Yoga  
6:00pm-7:00pm Zumba

### TUESDAY

8:30am-9:30am Wall Yoga  
10:00am-11:00am In-Trinity Board  
11:00am-12:00pm Wall Yoga  
5:30pm-6:30pm Cardio Kickboxing

### WEDNESDAY

8:30am-9:30am Wall Yoga  
10:00am-11:00am Mat Pilates  
6:00pm-7:00pm Zumba

### THURSDAY

8:00am-9:00am Wall Yoga  
9:15am-10:15am In-Trinity Board  
10:30am-11:30am TRX  
5:30pm-6:30pm Spin

### FRIDAY

9:00am-10:00am Wall Yoga  
10:15am-11:15am In-Trinity Board  
10:30am-11:30am Bike Camp  
6:30pm-7:30pm Permission to Chill

### SATURDAY

8:00am-9:00am Organic Flow Yoga  
9:15am-10:15am Wall Yoga  
10:30am-11:30am Boot Camp  
1:00pm-2:00pm Permission to Chill

### SUNDAY

9:00am-10:00am Wall Yoga  
10:00am-9:00am Violin Meditation  
4:00pm-5:00pm Restorative Yoga

**FITNESS CLASSES ARE \$10 PER PERSON. FIRST COME, FIRST SERVE. SELECT CLASSES HAVE LIMITED SPACE, PLEASE SIGN UP AT SPA RECEPTION. CLASSES ARE SUBJECT TO CHANGE. PARTICIPANTS MUST BE 18 YEARS OF AGE OR OLDER.**

**ORGANIC FLOW YOGA** Navigate through subtleties of the energetic body through transitions, rhythm and breath. Special attention is placed on proper alignment and breathing, with a natural and safe progression of postures. An intuitive organic flow that encourages every student to explore their own uniquely perfect shapes; for all levels.

**PILATES MAT CLASS** Performed on the floor using your body and props to focus on developing core strength, flexibility, balance and stamina. Discover awareness of breathing patterns and spinal alignment while engaging the deep muscles of your core. No previous Pilates experience is necessary to join mat class.

**WALL YOGA** Take your yoga poses even deeper with wall yoga. This restorative style class will have you hanging from the wall, stretching new muscles, anchoring your poses, and increase mobility. This very addictive class will leave you walking taller and feeling more alive and connected to your body!

**PERMISSION TO CHILL** Come learn the benefits of the body's "rest & digest" response. Release stress, sleep better & create a new way of thinking, by essentially rewiring your brain. Come chill in supported, restorative postures & explore slow, mindful movement, pranayama & meditation.

**IN-TRINITY BOARD** Yoga on the In-Trinity Board is a practice that accesses development of the mind & body through movement. This practice builds strength, deepens flexibility and improves balance, coordination and agility.

**TRX** Challenge yourself with a little flow, rhythm and balance and a lot of TRX suspension to build strength in your arms, shoulders, back and legs. There will be sweat.

**BIKE CAMP** Imagine your favorite Boot Camp movements. Now add in a Spin Bike and you can really hit the rev-limit! This class is a burner that will leave you knowing you have just accomplished something great.

**BOOT CAMP** This high intensity class utilizes dumbbells, medicine balls, and your body in creative combinations that will have you building strength and hit that cardiovascular red-line.

**VINYASA YOGA** Students coordinate movement with breath to flow from one pose to the next. The sequencing of the movement gain strength, endurance, and more conscientious breathing.

**VIOLIN MEDITATION WITH REBECCA SABINE** Discover the profound benefits of calming and focusing your mind as Rebecca plays healing music on violin while guiding you on an inward journey. Come as you are and set yourself free.

**RESTORATIVE YOGA** Soothing and nurturing, this class furthers the growth of conscious relaxation and is designed for students who want to move at slower pace, melt away physical and emotional tension and relax deeply. Restorative poses are designed to soothe, nourish and drop you into the healing state that is the Relaxation Response.

**INDOOR CYCLING** This low-impact high-intensity cardiovascular, butt-kicking workout will take you on the ride of your life! Pedal through hill climbs, sprints, and many other challenging drills and exercises. All levels are welcome. Remember to bring a towel and water bottle – you are guaranteed to sweat your way to leaner legs and a tighter core.

**CARDIO KICKBOXING** An addictive workout combining shadow boxing, kickboxing, and sports drills in a party atmosphere. This is an interval-based workout for all levels that is fun, exciting and powerful. You will kick, punch, and jab your way to increased stamina, improved coordination and flexibility, and intense calorie burn; as you build lean muscle with this fun and challenging workout.