

Fitness Activities



FITNESS SCHEDULE

MONDAY

8:30am-9:30am Wall Yoga
9:45am-10:45am Organic Flow Yoga
5:30pm-6:30pm Zumba

TUESDAY

8:30am-9:30am Wall Yoga
9:45am-10:45am In-Trinity Board
11:00am-12:00pm Wall Yoga
5:30pm-6:30pm Wall Yoga

WEDNESDAY

8:30am-9:30am Wall Yoga
10:00am-11:00am Mat Pilates
5:30pm-6:30pm Wall Yoga

THURSDAY

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

FRIDAY

9:00am-10:00am Wall Yoga
10:15am-11:15am In-Trinity Board
10:30am-11:30am PUSH

SATURDAY

8:00am-9:00am Organic Flow Yoga
9:15am-10:15am Wall Yoga
10:30am-11:30am Violin Meditation
10:30am-11:30am PUSH

SUNDAY

9:00am-10:00am Wall Yoga
10:30am-11:30am Violin Meditation

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!

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.

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.

PUSH This 60-minute morning calorie burn out includes dynamic stretching, multiplaner movement, zone training and a core attack! Stability, resistance, and strength endurance phase training sprinkled with plyometric re-active training on top.