



Fitness & Yoga Schedule

OCTOBER 2024

TIME	MON	TUE	WED	THU	FRI	SAT	SUN
8AM					Morning Meditation w/Gail (Yoga Studio)	Cardio Circuits w/Denys (Movement Studio)	
9AM	Functional Training w/Miguel (Functional Studio)	Mat Pilates w/Jaime (Movement Studio)	Functional Training w/Miguel (Functional Studio)	Mat Pilates w/Jaime (Movement Studio)	Functional Training w/Miguel (Functional Studio)	Stretch & Core w/Denys (Movement Studio)	
10AM	Yin Yoga w/Gail (Yoga Studio)	Vinyasa Yoga w/Gail (Yoga Studio)	Yin Yoga w/Gail (Yoga Studio)	Vinyasa Yoga w/Gail (Yoga Studio)	Cycle w/Jaime (Cycle Studio)		
11AM		Functional Training w/Miguel (Functional Studio)		Functional Training w/Miguel (Functional Studio)	Power Yoga w/ Gail (Yoga Studio)		
12PM		Stretch & Core w/Denys (Movement Studio)		Stretch & Core w/Denys (Movement Studio)			
4PM	Harmony Hour (Hotel Lobby)	Harmony Hour (Hotel Lobby)		Harmony Hour (Hotel Lobby)	Harmony Hour (Hotel Lobby)	Harmony Hour (Hotel Lobby)	Harmony Hour (Hotel Lobby)
5PM		Total Body Conditioning w/Denys (Movement Studio)		Total Body Conditioning w/Denys (Movement Studio)			

*Class locations subject to change due to weather conditions. All Classes are 45-60 minutes unless otherwise indicated.



Class Descriptions

OCTOBER 2024

Cardio Circuits Torch calories with a variety of challenging cardio exercises designed for all workout abilities.

Cycle Indoor Cycle is a great way to get an intense cardio workout with no-impact. Ride along to great music as you tackle hills, sprints, and flat roads as you adjust your own resistance and speed. Suitable for all levels of exercise enthusiasts!

Functional Training Using movements to help you with your daily life and activities, this workout is high energy, efficient and fun! Combining elements of cardio with strength training, you will use TRX suspension training, kettlebells, battle ropes, rowers and more.

Harmony Hour An opportunity to meet staff members and learn about our wellness offerings. Light bites and healthy refreshments will be served.

Mat Pilates Lengthen & strengthen your body with this low-impact, core-centric workout, focusing on breath and body awareness. All levels welcome.

Morning Meditation Clear your mind and feel centered with this calming guided meditation.

Power Yoga Energizing, advanced level flow, focusing on strength, alignment, and body awareness.

Restorative Yoga Restorative yoga is a style of yoga that encourages physical, mental, and emotional relaxation. Appropriate for all levels, restorative yoga is practiced at a slow pace, focusing on long holds, stillness.

Stretch & Core This class will incorporate a variety of stretching techniques including foam rolling, static & dynamic stretches, yoga, Pilates and more. You will leave feeling longer and stronger!

Total Body Conditioning Combines resistance training with cardio for an efficient total body workout. All levels welcome.

Vinyasa Yoga An energizing yoga flow that unites breath & movement. Suitable for all levels.

Yin Yoga Targets your deep connective tissues. It's slower and more meditative practice, giving you space to turn inward and tune into both your mind and the physical sensations of your body. Because you're holding poses for a longer period of time than you would in other traditional types of yoga, yin yoga helps you stretch and lengthen those rarely-used tissues while you connect with your breath.

