

STUDIO COLOR KEY

■ MOVEMENT STUDIO ■ YOGA STUDIO ■ PILATES STUDIO ■ OUTDOOR EVENT ■ MIKAELA'S CORNER

Yellow Highlighted classes are new or special events | Classes will be filmed and participants must sign photo release - *

MONDAY NOVEMBER 22

YOGA

- 6:30 – 7:30 AM INNER POWER YOGA* – RR SHAKTI
- 4:00 – 5:00 PM FLOW & RESTORE – MAURA SUBBING
- 7:00 – 8:00 PM LUNAR FLOW* – RR SHAKTI

MOVEMENT

- 6:00 – 7:00 AM MASTER'S SWIM – JOSIAH
- 8:30 – 9:30 AM BARRE – RICHEL
- 12:00 – 1:00 PM BARRE – JESSICA
- 5:30 – 6:30 PM WINTER SPORTS CONDIT. – MIKE

PILATES

- 9:00 – 10:00 AM PILATES EQUIPMENT (\$) – CHAD
- 12:00 – 1:00 PM PILATES EQUIPMENT (\$) – CHAD
- 4:00 – 5:00 PM PILATES EQUIPMENT (\$) – CHAD
- 5:00 – 6:00 PM PILATES EQUIPMENT (\$) – CHAD

TUESDAY NOVEMBER 23

YOGA

- 6:30 – 7:30 AM HOT VINYASA FLOW – SHANNON
- 12:00 – 1:00 PM VIN YIN YOGA – LINDSAY

MOVEMENT

- 8:30 – 9:30 AM CHISEL – MIKE SUBBING
- 12:00 – 1:00 PM WINTER SPORTS CONDIT. – CHAD SUB
- 5:30 – 6:30 PM BARRE – TARA

PILATES

- 8:00 – 9:00 AM PILATES EQUIPMENT (\$) – CHAD
 - 12:00 – 1:00 PM PILATES EQUIPMENT (\$) – DEB
 - 4:00 – 5:00 PM PILATES EQUIPMENT (\$) – KIM
 - 5:00 – 6:00 PM ADV. CLASSIC FLOW EQMT (\$) – KIM
- SUBBING

WEDNESDAY NOVEMBER 24

YOGA

- 6:30 – 7:30 AM INNER POWER YOGA* – RR SHAKTI
- 8:00 – 9:00 AM VINYASA FLOW YOGA – LINDSAY
- 4:00 – 5:00 PM FLOW & RESTORE YOGA – TARA
- 5:30 – 6:30 PM YOGA SCULPT – RICHEL

MOVEMENT

- 6:00 – 7:00 AM MASTER'S SWIM – JOSIAH
- 6:30 – 7:30 AM WINTER SPORTS CONDIT. – HEIDI
- 12:00 – 1:00 PM CORE CHISEL – CHAD SUBBING
- 5:30 – 6:30 PM WINTER SPORTS COND – MIKE SUB

PILATES

- 9:00 – 10:00 AM PILATES EQUIPMENT (\$) – CATHY
- 12:00 – 1:00 PM PILATES EQUIPMENT (\$) – CATHY
- 4:00 – 5:00 PM PILATES EQUIPMENT (\$) – CATHY
- 5:00 – 6:00 PM PIL. EQUIP. BARRE FUSION (\$) – CATHY

THURSDAY NOVEMBER 25

YOGA

- 6:30 – 7:30 AM HOT VINYASA FLOW – MOONSTONE
- 8:00 – 9:00 AM GRATITUDE VINYASA YOGA – LINDSAY

MOVEMENT

- 8:30 – 9:30 AM TOTAL BODY SCULPT / TRX – MIKE SUBBING
- 10:00 – 11:00 AM TURKEY BURNER HIIT – CHAD
- 11:00 – 12:00 PM WINTER SPORTS CONDIT. – MIKE SUBBING

PILATES

- 8:00 – 9:00 AM PILATES EQUIPMENT (\$) – CHAD
- 9:00 – 10:00 AM PILATES EQUIPMENT (\$) – CHAD

FRIDAY NOVEMBER 26

YOGA

- 8:00 – 9:00 AM VINYASA FLOW YOGA – JOE JOE

MOVEMENT

- 6:00 – 7:00 AM MASTER'S SWIM – JOSIAH
- 6:00 – 7:00 AM WINTER SPORTS CONDIT. – MIKE
- 8:30 – 9:30 AM CORE CHISEL – CHAD SUBBING
- 12:00 – 1:00 PM BARRE – RICHEL SUBBING

PILATES

- 9:00 – 10:00 AM PILATES EQUIPMENT (\$) – KATIE
- 10:00 – 11:00 AM PILATES EQUIPMENT (\$) – KATIE
- 12:00 – 1:00 AM PILATES EQUIPMENT (\$) – CHAD SUB
- 4:00 – 5:00 PM PILATES JUMP BOARD (\$) – CHAD

SATURDAY NOVEMBER 27

YOGA

- 8:00 – 9:00 AM VINYASA FLOW YOGA – LINDSAY SUBBING
- 10:15 – 11:30 AM AERIAL YOGA – JOE JOE

PILATES

- 9:00 – 10:00 AM PILATES EQUIPMENT (\$) – CHAD
- 10:00 – 11:00 AM PILATES EQUIPMENT (\$) – CHAD

SUNDAY NOVEMBER 28

YOGA

- 8:30 – 9:45 AM BHAKTI FLOW – JOE JOE
- 5:30 – 6:30 PM MELLOW FLOW YOGA – MAURA

PILATES

- 9:00 – 10:00 AM PILATES EQUIPMENT (\$) – ADRYEN
- 10:00 – 11:00 AM PILATES EQUIPMENT (\$) – ADRYEN

P R I C I N G G U I D E			
	Gym / Pool Facilities	Classes	Specialized Classes (\$)
Members / Owners	Included in membership	Included	\$20
Resort Guest	Included	\$20	\$20
Daily Drop -In	\$50	1 class included with day pass	1 class included with day pass
Spa Guest	Included	\$20	\$20

YOGA

AERIAL YOGA: Aerial Yoga uses suspension yoga training to deepen your practice and ease into postures. The hammock is used to deepen stretches without compressing the spine.

BHAKTI FLOW: Bhakti (meaning Love and Devotion) Flow combines the chanting of universal mantras with the grace of vinyasa flow yoga. Expect many different postures woven into a sequence with ujjayi breathing and mindful alignment.

FLOW & RESTORE YOGA: This is a gracefully sequenced class blending fluid movements, strength building and calming effects. Poses are rooted in awakening the breath and body.

HATHA YOGA: In this class, full-body relaxation and balance are the goals, as we make a full circuit of the body's range of motion with standing postures, twists and backbends.

HOT VINYASA FLOW YOGA: In this class, use muscle engagement and long pose holds for strength and flexibility. Studio temperature creates conditions for optimal sweat.

MELT: The MELT Method® (MELT®) is a treatment using a soft Melt roller and ball to reduce the effects of accumulated tension and stress caused by daily living.

YIN YOGA: Yin yoga is a slower form of yoga that targets the deep connective tissues, joints, and bones. Poses are held for a longer period of time with props to assist in comfort.

MOVEMENT

BARRE: Barre isolates the major muscles of the body for a deep, strengthening burn. Enjoy the lengthening, toning effects of ballet and Pilates combined into this class.

CORE CHISEL: This class focuses on endurance weight lifting. Each major muscle group, especially core, will be effectively toned and trained for a full body resistance training workout.

HIIT TABATA: This class uses equipment such as dumbbells and kettlebells for a maximum calorie burn and High Intensity Interval Training (HIIT) workout.

KNOCKOUT WORKOUT: Learn kickboxing skills in this class (abs, jabs, and more) alternated with strengthening exercises to build lean muscle. *No previous experience required.*

MASTER'S SWIM: This advanced swim workout is led by World Champion triathlete Josiah Middaugh. Workouts are 3500 – 4200 yds in duration and incorporate minimal coaching.

TOTAL BODY SCULPT: Exercise all muscle groups with a variety of strengthening and conditioning movements incorporating props like hand weights, resistance bands and your own body.

STRENGTH & CONDITIONING: This total-body workout uses body weight and dumbbells to strengthen muscles, improve functional mobility and endurance.

PILATES

ALL CLASS PARTICIPANTS MUST HAVE PILATES EQUIPMENT EXPERIENCE AND/OR TAKE 2 BEGINNER CLASSES BEFORE JOINING THESE CLASSES.

ADDITIONAL COSTS MAY APPLY.

PILATES EQUIPMENT: *Previous experience required.* This class utilizes the Pilates Reformers and Chairs for a full-body, strengthening and lengthening workout.

PILATES JUMP BOARD: Pilates Jump board is a fast-paced Reformer workout that builds and tones your body. The class puts emphasis on staying in constant motion from start to finish.

PILATES CHAIR: This Pilates class utilizes chairs for a full-body workout. The choreographed routine of challenging movements will strengthen, stretch and lengthen your body.