



GROUP FITNESS SCHEDULE

July 27th – August 1st, 2015



	Monday 27 th	Tuesday 28 th	Wednesday 29 th	Thursday 30 th	Friday 31 st	Saturday 1 st
6:30 AM	INDOOR CYCLING <i>SPIN ROOM</i> RUSS	INDOOR CYCLING <i>SPIN ROOM</i> RUSS	INDOOR CYCLING <i>SPIN ROOM</i> RUSS	INDOOR CYCLING <i>SPIN ROOM</i> RUSS		
7:30AM	YOGA <i>GROUP X ROOM</i> RUSS	PILATES <i>GROUP X ROOM</i> RUSS	YOGA <i>GROUP X ROOM</i> RUSS	PILATES <i>GROUP X ROOM</i> RUSS		
8:30AM						
9:30AM		YOGA <i>GROUP X ROOM</i> ANNE		YOGA <i>GROUP X ROOM</i> ANNE	YOGA <i>GROUP X ROOM</i> ANNE	YOGA <i>GROUP X ROOM</i> ANNE
10:00AM						
11:00AM			YOGA <i>GROUP X ROOM</i> ANNE			
5:00 PM	STRENGTH CAMP <i>GROUP X ROOM</i> CHRISTIAN	ULTIMATE CARDIO BURN <i>GROUP X ROOM</i> CHRISTIAN	WINE & ALIGN YOGA <i>GROUP X ROOM</i> ANNE			
6:00 PM	ULTIMATE CARDIO BURN <i>GROUP X ROOM</i> CHRISTIAN	STRENGTH CAMP <i>GROUP X ROOM</i> CHRISTIAN				

Fitness classes are complimentary for guests with the resort fee. Guests without the resort fee are invited to enjoy classes for \$12.00 per class. Classes and locations are subject to change. Please arrive 5-10 minutes prior to the class start time. See reverse for details and class durations.

CLASS DESCRIPTIONS

DANCE FIT - This low impact cardio class is so fun and entertaining you'll forget you're exercising! Music and dance styles combine Pop, Funk, Broadway, Latin, and lots more. It'll keep you movin' and groovin' while you pick up a few new dance steps, and remember some old favorites as well. (60 minutes)

INDOOR CYCLING - Form of exercise with classes focusing on endurance, strength, intervals, high intensity (race days) and recovery, that involve using a special stationary exercise bicycle with a weighted flywheel in a classroom setting. (45 minutes)

INTRO TO RPM CYCLE - Always wanted to learn how to spin? Here's your chance. This beginner cycle class will introduce you to proper positions, terms, and techniques on a stationary bike. Pedaling to the RPM's of the music, it's great for beginners and adaptable for advanced riders as well. (45 minutes)

PILATES - A body conditioning routine that may help build flexibility, muscle strength, and endurance in the legs, abdominals, arms, hips and back. (45 minutes)

STRENGTH CAMP - Sessions are designed in an alternating set or circuit training format using a wide variety of exercises in an intense interval based style. A typical strength session will burn up to 500 calories in a matter of 30 minutes. This caloric burn is coupled with the rise in EPOC, i.e. Excess Post Exercise Oxygen Consumption. EPOC is a measure of energy used by your body to bring it from a work out state to a normal state. Typically after a metabolic resistance training workout your body will take up to 38 hours to return to a normal state and in the process burns a lot of calories. (30 minutes)

ULTIMATE CARDIO BURN - This class is designed to increase anaerobic and aerobic capacity by performing interval based cardio conditioning workouts. We use the same tools we utilize in our STRENGTH sessions but with the focus being on the conditioning component over the resistance training component. Mix it up with partner based workouts & enjoy burning more than twice the amount of calories you would jogging on a treadmill. (30 minutes)

WINE & ALIGN YOGA - Relax your mind, body, and spirit with a gentle candlelight yoga session. Cap off your experience with a complimentary glass of wine! (45 minutes)

YIN YOGA - Let go, surrender! Yin yoga focuses on postures that lengthen the muscles surrounding the hips, pelvis, and lower back. Typically these poses are held for 3-5 minutes. All are seated on the mat. This soothing, calming process restores energy. A lovely meditation practice! (45 minutes)

YOGA - Relax, refresh, renew! All levels welcome at a class featuring slow-paced stretching, gentle flow, and breathing exercises. Class finishes with a soothing relaxation. (45 minutes)

PIYO - A combination of Yoga and Pilates. This workout is designed to be upbeat and fun! A good hard work out that includes stretching. (45 minutes)