



# November 2024 Fitness Class Schedule

Classes are complimentary for all hotel Recreation members, hotel guests, and day spa guest



Classes are 50 minutes long unless noted otherwise. Any necessary equipment will be provided. Fitness classes are subject to change or cancellation due to instructor availability, inclement weather, or unforeseen circumstances.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					<b>1</b> 7:30am Strength, Mobility, & Balance: Kathy 8:30am Yoga: Kate 9:30 am Meditation in Motion: Kate 10:00am Water Fitness: Kathy	<b>2</b> 7:30am Yoga: Erica 8:30am Synergy: Kathy 9:30 am Gentle Stretch: Kathy
<b>3</b> 8:30am Core & More/Stretch: Kathy 9:30am Fitness Walk: Kathy	<b>4</b> 8:30am Yoga: Kate 2:00pm Power Aquacise: Brian 4:30pm Strength, Cardio & Abs: Erin 5:30pm Synergy: Kathy	<b>5</b> 8:30am Synergy: Christine 5:30pm Stretch & Yoga: Kathy	<b>6</b> 8:30am Yoga: Kate 2:00pm Power Aquacise: Brian 6:00pm Water Fitness: Jackie	<b>7</b> 8:30am Synergy: Christine 5:30pm Functional Fitness: Kathy	<b>8</b> 7:30am Strength, Mobility, & Balance: Kathy 8:30am Yoga: Kate 9:30 am Meditation in Motion: Kate	<b>9</b> 7:30am Yoga: Suzanne 8:30am Synergy: Suzanne 9:30 am Gentle Stretch: Suzanne
<b>10</b> 8:30am Core & More/Stretch: Suzanne 9:30am Refresh, Restore, & Rejuvenate: Suzanne	<b>11</b> 8:30am Yoga: Kate 4:30pm Strength, Cardio, & Abs: Erin 5:30pm Synergy: Kathy	<b>12</b> 8:30am Synergy: Christine	<b>13</b> 8:30am Yoga: Kate 2:00pm Power Aquacise: Brian 6:00pm Water Fitness: Jackie	<b>14</b> 8:30am Synergy: Christine 5:30pm Functional Fitness: Kathy	<b>15</b> 7:30am Strength, Mobility, & Balance: Kathy 8:30am Yoga: Kate 9:30 am Meditation in Motion: Kate 10:00am Water Fitness: Kathy	<b>16</b> 7:30am Yoga: Erica 8:30am Synergy: Suzanne 9:30 am Gentle Stretch: Suzanne
<b>17</b> 8:30am Core & More/Stretch: Suzanne 9:30am Refresh, Restore, & Rejuvenate: Suzanne	<b>18</b> 8:30am Yoga: Kate 2:00pm Power Aquacise: Brian 4:30pm Strength, Cardio, & Abs: Erin 5:30pm Synergy: Kathy	<b>19</b> 8:30am Synergy: Christine 5:30pm Stretch & Yoga: Kathy	<b>20</b> 8:30am Yoga: Kate 2:00pm Power Aquacise: Brian 6:00pm Water Fitness: Jackie	<b>21</b> 8:30am Synergy: Christine 5:30pm Functional Fitness: Kathy	<b>22</b> 7:30am Strength, Mobility, & Balance: Kathy 8:30am Yoga: Kate 9:30 am Meditation in Motion: Kate 10:00am Water Fitness: Kathy	<b>23</b> 7:30am Yoga: Erica 8:30am Synergy: Suzanne 9:30 am Gentle Stretch: Suzanne
<b>24</b> 8:30am Core & More/Stretch: Suzanne 9:30am Refresh, Restore, & Rejuvenate: Suzanne	<b>25</b> 8:30am Yoga: Kate 2:00pm Power Aquacise: Brian 5:30pm Synergy: Kathy	<b>26</b> 8:30am Synergy: Christine 5:30pm Stretch & Yoga: Kathy	<b>27</b> 8:30am Yoga: Kate	<b>28</b> 8:30am Synergy: Christine	<b>29</b> 8:30am Yoga: Kate 9:30 am Meditation in Motion: Kate 10:00am Water Fitness: Kathy	<b>30</b> 7:30am Yoga: Erica 8:30am Synergy: Kathy 9:30 am Yoga: Kathy

# Fitness Class Descriptions

**Cardio, Strength & Abs:** *Sequence through a total body workout that starts off with different types of cardio and transitions to strength conditioning, followed by core strengthening.*

**Core & More:** *Targeted core movements using props. Movements include standing and floor work.*

**Drum Fitness:** *Drum along to the beat using drumsticks and a stability ball in this cardio-based interval training workout.*

**Functional Fitness:** *Strength training class incorporating common movements (squats, crunches, arm raises) focused on posture and alignment.*

**Gentle Stretch:** *Enjoy a relaxing light stretch designed for those who want to help release the tension from their day.*

**Meditation in Motion:** *Enjoy slow, controlled movements to activate and harness chi or the energy of the body by combining Qigong, Tai chi, and Yoga.*

**Outdoor Fitness Walk:** *30 minute walk around the grounds with a light strength element included (resistance bands, body weight or light hand weights).*

**Power Aquacise:** *Warm up focuses on Tai Chi, Yoga, and Pilates moves, which expand range of motion and promote joint health. Class is focused on cardio conditioning, muscle tone, flexibility and strength. Cool down concentrates on body flexibility and alignment.*

**Refresh, Restore, Rejuvenate:** *Experience yoga bliss. Relax muscle tension and open your body to facial release through supported yin yoga postures. This slow, mindful practice teaches the importance of support and letting go; leaving you feeling more energized and grounded. No yoga experience required.*

*(Note this is a floor-based class holding supported postures 1-3 minutes.)*

**Strength, Mobility & Balance:** *Maintain and Improve your quality of movement. This class will include exercises that work on balance and strength while helping us move more fluidly through our range of motion.*

**Stretch & Yoga:** *Stretch those overworked muscles plus learn some basic yoga moves that can help your muscles recover more efficiently, using foam rollers and tennis balls.*

**Synergy Fitness:** *Using the TRX straps, Synergy station and other strength training techniques, work your whole body with this interval style training workout.*

**Water Fitness:** *Give your body and joints a break by doing all your favorite and familiar exercise movements in our indoor pool. Utilizing the resistance of the water this class focuses on the benefits of improving flexibility while increasing cardiovascular strength and stamina.*

**Wellness Walk:** *Time to regroup and enjoy a walk around the grounds led by one of our fitness specialists. A variety of trails and paths will be used with different difficulty levels to be determined the day of.*

**Yoga:** *A class focused on the basics of yoga, breath work & movement. Posture alignment and deep breathing are used to connect within.*