



# Fitness & Yoga Schedule

APRIL 2025

TIME	MON	TUE	WED	THU	FRI	SAT	SUN
9AM	Functional Training w/Miguel (Functional Studio)		Functional Training w/Miguel (Functional Studio)		Functional Training w/Miguel (Functional Studio)	Stretch & Core w/Shadi (Movement Studio)	Yoga on the Beach w/Shadi (On the Beach)
10AM	Vinyasa Yoga w/Gail Yoga Studio)	Yin Yoga w/Gail (Yoga Studio)	Vinyasa Yoga w/Gail Yoga Studio)	Yin Yoga w/Gail (Yoga Studio)	Yoga Sculpt w/ Gail (Yoga Studio)	Hatha Yoga w/Shadi (Yoga Studio)	Restorative Yoga w/Shadi (Yoga Studio)
11AM		Functional Training w/Miguel (Functional Studio)	Spin Class w/Sam (Cycle Studio)	Functional Training w/Miguel (Functional Studio)			
5PM	Sound Bath Meditation w/Linnea (Meditation Studio)		Sound Bath Meditation w/Linnea (Meditation Studio)	Dancing Class w/Benisa (Movement Studio)	Mindful Yoga w/Gyanpriya (Yoga Studio)		Sound Bath Meditation w/Linnea (Meditation Studio)

## MONTHLY EVENTS

### Full Moon Yoga - w/Shadi (On the Beach)

Every month, join us for a calming, gentle yoga flow on the beach with the sounds of the ocean waves and the light on the full moon.

Saturday April 12TH @ 6:30PM

### \*Spin & Brunch - w/Sam (Oceanview Terrace L3)

Join us for an exclusive outdoor workout with stunning ocean views! After you work up a sweat, treat yourself to a delicious brunch at TULA with one entree included in your ticket.

Saturdays: April 12TH, AND 26TH @ 10:00AM

### \*Yoga & Brunch - w/Shadi (On the Beach)

Start your Sunday with the sound of beach waves during a beach yoga session with one complimentary brunch entree at TULA included in your ticket.

Every Sunday @ 9:00AM

### \*Floating Sunset Sound Bath - w/ Linnea (Aayush)

Enjoy a healing sound bath meditation as you float comfortably on the serene pool water in our Aayush Hydrotherapy Experience.

Thursday April 24TH at 8:00PM

HOURS OF OPERATIONS: WELLNESS & SPA, OPEN DAILY 9:00AM - 7:00PM | FITNESS CENTER, OPEN 24/7

All classes are 45-60 minutes unless otherwise indicated. Class locations are subject to change without notice due to inclement weather.  
\*THIS IS A PAID EVENT. CALL OR VISIT SPA RECEPTION TO RESERVE YOUR SPOT.



## Class Descriptions

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**Dancing Class** Inspired by the Sanskrit word “Sangitaratnakara,” which means ocean of music and dance, this class follows mindfulness movement choreography that makes waves and flows to upbeat, energizing and serene sounds of contemporary artists.

**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.

**Hatha Yoga** The most traditional of yoga practices, Hatha combines physical postures (Asanas) with breathwork (Pranayama) to balance sun (ha) and moon (tha) energies.

**Mindful Yoga** Welcome the day with yoga to awaken the body and balance the mind. This class may be held on the yoga terrace.

**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!

**Sound Bath Meditation** An immersive experience with crystal singing bowls and gong, incorporating breathwork and guided meditation to attain a deeper state of relaxation and wellness.

**Spin 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!

**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.

**Yoga Sculpt** Incorporates strength, cardio and high-intensity training with yoga to increase your heart rate, improve flexibility, mobility, and range of motion.



PERSONAL TRAINING, NUTRITION CONSULTATION  
AND IN-BODY COMPOSITION ANALYSIS AVAILABLE BY APPOINTMENT