



WELLNESS ACTIVITIES | MAY 2025

TIME	MON	TUE	WED	THU	FRI	SAT	SUN
7AM							Sunrise Yoga w/Shadi (On the Beach)
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)	
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)	Tai Chi w/Keith (Yoga Terrace)		
5PM	Sound Bath Meditation w/Linnea (Meditation Room)	Barre W/Amanda (Movement Studio)	Sound Bath Meditation w/Linnea (Meditation Room)		Sound Bath Meditation w/Linnea (Meditation Room)		

MONTHLY EVENTS

***Full Moon Yoga** - w/Shadi (on the beach): Monday, May 12 @ 7:00pm - Complimentary with RSVP

***Spin & Brunch** - w/Sam (Oceanview Terrace L3) Saturdays: May 10 and May 31 @ 10:00am - \$125 Includes One Complimentary Brunch Entrée

***Floating Sound Bath**- w/Linnea (Aayush L1): Friday, May 9 and May 23@ 8:00pm - \$50 Per Person

*ALL GROUP FITNESS CLASSES ARE 50-MINUTES UNLESS OTHERWISE NOTED. CLASS LOCATIONS AND TIMES ARE SUBJECT TO CHANGE WITHOUT NOTICE.
FUNCTIONAL FITNESS AND SOUND BATH MEDITATION WILL NOT BE HELD ON MAY 16.





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BARRE Inspired A full body workout that combines elements of ballet, pilates and yoga. It focuses on low-impact, high-repetition movements designed to improve strength, flexibility and endurance.

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.

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

TAI CHI A gentle, flowing movement practice rooted in ancient Chinese tradition, often described as “meditation in motion.” Blending breath, balance, and graceful motion, Tai Chi offers a deeply calming experience for both body and mind. Each movement is performed slowly and intentionally, inviting a profound sense of inner stillness and harmony. It’s widely practiced for its health benefits, stress reduction, and as a form of gentle exercise.

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.