



WELLNESS ACTIVITIES | JUNE 2025

FUNCTIONAL FITNESS WILL NOT BE HELD ON JUNE 9 - JUNE 13. SOUND BATH MEDITATION WILL NOT BE HELD ON JUNE 20.



TIME	MON	TUE	WED	THU	FRI	SAT	SUN
7AM							Sunrise Yoga w/Shadi (On the Beach)
8AM					Barre w/Amanda (Movement Studio)		
9AM	Functional Training w/Miguel (Functional Studio)		Functional Training w/Miguel (Functional Studio)	Mat Pilates w/Marianna (Movement 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)			
5PM	Sound Bath Meditation w/Linnea (Meditation Room)		Sound Bath Meditation w/Linnea (Meditation Room)		Sound Bath Meditation w/Linnea (Meditation Room))		Sound Bath Meditation w/Linnea (Meditation Room)

MONTHLY EVENTS

Full Moon Yoga - w/Shadi (on the beach): Wednesday, June 11 at 7:00pm - Complimentary with RSVP

Spin & Brunch - w/Sam (Oceanview Terrace L3) Sundays: June 8 and June 22 @ 10:00am - \$125 Includes One Complimentary Brunch Entrée

Floating Sound Bath- w/Linnea (Aayush L1): Fridays: June 6 and June 27@ 8:00pm - \$50 Per Person





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ALL GROUP FITNESS CLASSES ARE 50-MINUTES UNLESS OTHERWISE NOTED. CLASS LOCATIONS AND TIMES ARE SUBJECT TO CHANGE WITHOUT NOTICE.



BARRE 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.

MAT PILATES Utilizing a mat and your own body weight, this exercise is designed to engage and strengthen the core muscles through controlled movements and breathwork. Mat Pilates is suitable for all fitness levels!

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 A slower and more meditative practice that targets your deep connective tissues by holding poses for a longer period of time than in traditional yoga. This class helps you stretch and lengthen those rarely used tissues while you connect to your breath.

YOGA SCULPT Incorporates strength training with light weights into a yoga class to increase your heart rate, improve flexibility, mobility and range of motion.