



WELLNESS ACTIVITIES | JULY 2025

FUNCTIONAL FITNESS WILL NOT BE HELD ON MONDAY, JULY 7.



TIME	MON	TUE	WED	THU	FRI	SAT	SUN
7AM							Sunrise Yoga w/Shadi (On the Beach)
8AM							
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)	Tai Chi w/Keith (Yoga Terrace)		
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): Thursday, July 10 at 7:00pm - Complimentary with RSVP

Spin & Brunch - w/Sam (Oceanview Terrace L3) Sundays: July 13 and July 27 @ 10:00am - \$125 Includes One Complimentary Brunch Entrée

Floating Aayush- w/Linnea (Aayush L1): Fridays: July 11 and July 25 @ 8:00pm - \$50 Per Person

Hair Health Education - w/ Dr Bauman Medical (Spa Library L4): Thursdays, July 17 and July 31 @ 4:00pm - Complimentary with RSVP





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



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

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.

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.