



# ACTIVITIES CALENDAR | MARCH 2026



TIME	MON	TUE	WED	THU	FRI	SAT	SUN
7AM							<b>Sunrise Yoga</b> w/Shadi (On the Beach)
9AM	<b>Functional Training</b> w/Miguel (Functional Studio)		<b>Functional Training</b> w/Miguel (Functional Studio)		<b>Functional Training</b> w/Miguel (Functional Studio)	<b>Stretch &amp; Core</b> w/Shadi (Movement Studio)	
10AM	<b>Yin Yoga</b> w/Gail (Yoga Studio)	<b>Vinyasa Yoga</b> w/Gail (Yoga Studio)	<b>Yoga Sculpt</b> w/Gail (Yoga Studio)	<b>Vinyasa Yoga</b> w/Gail (Yoga Studio)	<b>Yoga Sculpt</b> w/Gail (Yoga Studio)	<b>Hatha Yoga</b> w/Shadi (Yoga Studio)	<b>Restorative Yoga</b> w/Shadi (Yoga Studio)
11AM		<b>Functional Training</b> w/Miguel (Functional Studio)		<b>Functional Training</b> w/Miguel (Functional Studio)			<b>Mat Pilates</b> w/Jane (Movement Studio)
12 NOON			<b>Spin Class</b> w/Sam (Cycle Studio)		<b>Tai Chi</b> w/Keith (Yoga Terrace)		
5PM	<b>Sound Bath Meditation</b> w/Zach (Meditation Room)	<b>Vinyasa Yoga</b> w/Danielle (Yoga Studio)	<b>Sound Bath Meditation</b> w/Linnea (Meditation Room)	<b>Mat Pilates</b> w/Jane (Movement Studio)	<b>Sound Bath Meditation</b> w/Linnea (Meditation Room)	<b>Slow Flow Yoga</b> w/Danielle (Yoga Studio)	<b>Sound Bath Meditation</b> w/Linnea (Meditation Room)

## MONTHLY EVENTS

**Beach Tennis Open Play** - w/Miguel (On the Beach) Wednesdays at 4:00pm

**Full Moon Yoga** - w/Shadi (On the Beach) Tuesday, March 3rd at 6:00pm - Complimentary with RSVP

**Spin & Brunch** - w/Sam (Yoga Terrace L2) Sundays: March 8th, and March 22nd, at 10:00am - \$125 Includes One Complimentary Brunch Entrée

**Aromatherapy Sound Bath** - w/Linnea (Aayush L1) Fridays: March 6th, and March 20th, at 8:00pm - \$75 Per Person





# WELLNESS ACTIVITIES | MARCH 2026

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

L.V.X.<sup>SM</sup>

*Preferred*  
HOTELS & RESORTS

**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.

**SLOW FLOW YOGA** Slow Flow Yoga is a gentle, mindful style of yoga with longer holds, ideal for building strength and flexibility. Suitable for all levels.

**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.