



# Fitness & Yoga Schedule

AUGUST 2024

TIME	MON	TUE	WED	THU	FRI	SAT	SUN
8AM	<b>Guided Beach Walk</b> w/Miguel (Beach)	<b>Beach Workout</b> w/Miguel (Beach)	<b>Guided Beach Walk</b> w/Miguel (Beach)	<b>Beach Workout</b> w/Miguel (Beach)	<b>Morning Meditation</b> (30-Min) w/Karen (Meditation Studio)	<b>Cardio Circuits</b> (45-Min) w/Denys (Movement Studio)	<b>Morning Meditation</b> (30-Min) w/Shadi (Yoga Studio)
9AM	<b>Functional Training</b> w/Bonnie (Functional Studio)	<b>Mat Pilates</b> w/Jaime (Yoga Studio)	<b>Functional Training</b> w/Bonnie (Functional Studio)	<b>Mat Pilates</b> w/Jaime (Yoga Studio)	<b>Functional Training</b> w/Miguel (Functional Studio)	<b>Stretch &amp; Core</b> w/Denys (Movement Studio)	<b>Restorative Yoga</b> w/Shadi (Yoga Studio)
10AM	<b>Cycle</b> (45-Min) w/Bonnie (Cycle Studio)	<b>Vinyasa Yoga</b> w/Gail (Yoga Studio)	<b>Cycle</b> (45-Min) w/Bonnie (Cycle Studio)	<b>Vinyasa Yoga</b> w/Gail (Yoga Studio)	<b>Cycle</b> (45-Min) w/Jaime (Cycle Studio)	<b>Hatha Yoga</b> w/Shadi (Yoga Studio)	
11AM	<b>Hatha Yoga</b> w/Gyanpriya (Yoga Studio)	<b>Functional Training</b> w/Miguel (Functional Studio)	<b>Hatha Yoga</b> w/Gyanpriya (Yoga Studio)	<b>Functional Training</b> w/Miguel (Functional Studio)	<b>Power Yoga</b> w/Jaime (Yoga Studio)		
12PM	<b>Yoga Nidra</b> w/Gyanpriya (Meditation Studio)	<b>Glutes &amp; Core</b> w/Denys (Movement Studio)	<b>Yoga Nidra</b> w/Gyanpriya (Meditation Studio)	<b>Glutes &amp; Core</b> w/Denys (Movement Studio)			
5PM	<b>Soundbath Meditation</b> w/Karen  (Meditation Studio)		<b>Soundbath Meditation</b> w/Karen  (Meditation Studio)				

\*Class locations subject to change due to weather conditions. All Classes are 60 minutes unless otherwise indicated.

# Class Descriptions

**Beach Workout** Start your day with a fun workout on the beach! Each class will be different, but suitable for all fitness levels and abilities.

**Cardio Circuits** Torch calories with a variety of challenging cardio exercises designed for all workout abilities.

**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!

**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.

**Glutes & Core** Strengthen the muscles of your Powerhouse! Your glutes and core musculature are your foundation for a strong, functional body.

**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** Lengthen & strengthen your body with this low-impact, core-centric workout, focusing on breath and body awareness. All levels welcome.

**Morning Meditation** Clear your mind and feel centered with this calming guided meditation.

**Power Yoga** Energizing, advanced level flow, focusing on strength, alignment, and body awareness.

**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, and deep breathing.

**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!

**Vinyasa Yoga** An energizing yoga flow that unites breath & movement. Suitable for all levels.

**Yoga Nidra** Yin A Sanskrit term meaning “yogic sleep,” Yoga Nidra is a deep relaxation technique and form of meditation.

