



Fitness & Yoga Schedule

NOVEMBER 2024

TIME	MON	TUE	WED	THU	FRI	SAT	SUN
8AM					Morning Meditation w/Gail (Yoga Studio)	Total Body Conditioning w/Denys (Movement Studio)	
9AM	Functional Training w/Miguel (Functional Studio)		Functional Training w/Miguel (Functional Studio)		Functional Training w/Miguel (Functional Studio)	Stretch & Core w/Denys (Movement Studio)	
10AM	Yin Yoga w/Gail Yoga Studio)	Vinyasa Yoga w/Gail (Yoga Studio)	Yin Yoga w/Gail Yoga Studio)	Vinyasa Yoga w/Gail (Yoga Studio)	Power Yoga w/ Gail (Yoga Studio)	Hatha Yoga w/Shadi (Yoga Studio)	Restorative Yoga w/Shadi (Yoga Studio)
11AM		Functional Training w/Miguel (Functional Studio)		Functional Training w/Miguel (Functional Studio)			Stretch & Core w/Denys (Movement Studio)
12PM			Stretch & Core w/Denys (Movement Studio)		Stretch & Core w/Denys (Movement Studio)		
4PM	Harmony Hour (Hotel Lobby)	Harmony Hour (Hotel Lobby)	Harmony Hour (Hotel Lobby)	Harmony Hour (Hotel Lobby)	Harmony Hour (Hotel Lobby)	Harmony Hour (Hotel Lobby)	Harmony Hour (Hotel Lobby)
5PM			Total Body Conditioning w/Denys (Movement Studio)		Total Body Conditioning w/Denys (Movement Studio)		

*Class locations subject to change due to weather conditions. All Classes are 45-60 minutes unless otherwise indicated.



Class Descriptions

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

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.

Harmony Hour An opportunity to meet staff members and learn about our wellness offerings. Light bites and healthy refreshments will be served.

Hatha Yoga The most traditional of yoga practices, Hatha combines physical postures (Asanas) with breathwork (Pranayama) to balance sun (ha) and moon (tha) energies

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.

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!

Total Body Conditioning Combines resistance training with cardio for an efficient total body workout. All levels welcome.

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

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

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.

