



Fitness & Yoga Schedule

OCTOBER 2024

TIME	MON	TUE	WED	THU	FRI	SAT	SUN
8AM	Beach Workout w/Miguel (Beach)	Guided Beach Walk w/Miguel (Beach)	Beach Workout w/Miguel (Beach)	Guided Beach Walk w/Miguel (Beach)	Morning Meditation w/Gail (Yoga Studio)	Cardio Circuits w/Denys (Movement Studio)	Morning Meditation w/Shadi (Yoga Studio)
9AM	Functional Training w/Miguel (Functional Studio)	Mat Pilates w/Jaime (Movement Studio)	Functional Training w/Miguel (Functional Studio)	Mat Pilates w/Jaime (Movement Studio)	Functional Training w/Miguel (Functional Studio)	Stretch & Core w/Denys (Movement Studio)	Restorative Yoga w/Shadi (Yoga Studio)
10AM	Cycle w/Jaime (Cycle Studio)	Vinyasa Yoga w/Gail (Yoga Studio)	Cycle w/Jaime (Cycle Studio)	Vinyasa Yoga w/Gail (Yoga Studio)	Cycle w/Jaime (Cycle Studio)	Hatha Yoga w/Shadi (Yoga Studio)	
11AM	Hatha Yoga w/Gyanpriya (Yoga Studio)	Functional Training w/Miguel (Functional Studio)	Hatha Yoga w/Gyanpriya (Yoga Studio)	Functional Training w/Miguel (Functional Studio)	Power Yoga w/ Gail (Yoga Studio)		Functional Training w/Denys (Functional Studio)
12PM	Yoga Nidra w/Gyanpriya (Yoga Studio)	Stretch & Core w/Denys (Movement Studio)	Yoga Nidra w/Gyanpriya (Yoga Studio)	Stretch & Core w/Denys (Movement Studio)			
4PM							Soundbath Meditation w/Karen (Yoga Studio)
5PM		Total Body Conditioning w/Denys (Movement Studio)		Total Body Conditioning w/Denys (Movement Studio)			
6PM	Soundbath Meditation w/Karen (Yoga Studio)			Soundbath Meditation w/Karen (Yoga 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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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.

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,

Sound Bath Meditation Sound bath meditation is an immersive, full-body listening experience that uses sound to relax, rejuvenate, and heal.

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

