



# Fitness & Yoga Schedule

JANUARY 2025

TIME	MON	TUE	WED	THU	FRI	SAT	SUN
8AM							
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>Vinyasa Yoga</b> w/Gail (Yoga Studio)	<b>Yin Yoga</b> w/Gail (Yoga Studio)	<b>Vinyasa Yoga</b> w/Gail (Yoga Studio)	<b>Yin 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>Stretch &amp; Core</b> w/Shadi (Movement Studio)
4PM	<b>Harmony Hour</b> (Hotel Lobby)	<b>Harmony Hour</b> (Hotel Lobby)	<b>Harmony Hour</b> (Hotel Lobby)	<b>Harmony Hour</b> (Hotel Lobby)	<b>Harmony Hour</b> (Hotel Lobby)	<b>Harmony Hour</b> (Hotel Lobby)	<b>Harmony Hour</b> (Hotel Lobby)
5PM		<b>Stretch &amp; Strengthen</b> w/Gyanpriya (Yoga Studio)	<b>Soundbath Meditation</b> w/Karen (Yoga Studio)		<b>Soundbath Meditation</b> w/Karen (Yoga Studio)	<b>Mindful Yoga</b> w/Gyanpriya (Yoga Studio)	<b>Soundbath Meditation</b> w/Karen (Yoga Studio)

**\*\* Functional Training** - Starting Monday, January 6 2025

## MONTHLY EVENT

**Full Moon Yoga** - w/Shadi (on the Beach)  
Monday, January 13, 2025 @ 5:30pm



## Class Descriptions

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**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.

**Mindful Yoga** Deeply relaxing and soothing, this class includes yin-style stretching, gentle breath work and Yoga Nidra.

**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!

**Stretch & Strengthen** You will be supported to build spinal health, core strength, and whole body mobility working with body, mind and breath.

**Soundbath Meditation** An immersive experience with crystal singing bowls and gong, incorporating breathwork and guided meditation to attain a deeper state of relaxation and wellness.

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

**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.

**Yoga Sculpt** Incorporates strength, cardio and high-intensity training with yoga to increase your heart rate, improve flexibility, mobility, and range of motion.

