

# Fitness Class Schedule

**Personal Training sessions available with  
Cathy, Kevin, or Sophia**

**– See Spa receptionist for Details**

All classes are Free to Members and Room Guests

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:00 am	<b>Yin Yoga</b> with Marge	<b>Hatha Yoga</b> With Cathy	<b>Kundalini Yoga</b> with Sophia (Feb 1 – Apr 26)	<b>Hatha Yoga</b> With Cathy	<b>Hatha Yoga</b> With Amber		
10:00 am						<b>Hatha Yoga</b> With Cathy	<b>Beginner's Yoga</b> With David
10:30 am	<b>Cardio Pump</b>	<b>iFit Circuit</b>	<b>Cardio Pump</b>	<b>iFit Circuit</b>	<b>Cardio Pump</b>		
10:30 am	<b>Water Aerobics</b> With Pam	<b>Water Aerobics</b> With Pam	<b>Water Aerobics</b> With Pam	<b>Water Aerobics</b> With Pam	<b>Water Aerobics</b> With Carla		
11:00 am						<b>Zumba</b>	
Noon		<b>Pilates</b>		<b>Pilates</b>			
6:30 pm			<b>Beginner's Yoga</b> With David				

All members must sign the attendance sheet per class. Non-members must pay \$10 per class at front desk. \*All classes subject to change. Additional workshops and/or classes may have an extra charge.