

## May Class Schedule

ALL CLASS PARTICIPATION REQUIRES A CLASS CARD. INQUIRE AT SPA DESK OR SPORTS DESK.

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7:30 – 8:30 am		Interval Spin Nancy		Interval Spin Nancy		Interval Spin Nancy	
8:30 – 9:30 am		Power Yoga Beginner Friendly Meronica	Kripalu Wendy	Kripalu Wendy	Gentle Yoga Surinda	Kripalu Wendy	
9:00 – 10:00 am	Interval Spin Chad Or Power Matt Pilates Genevieve	Nordic Walking Chad					Interval Spin Chad
10:00 – 11:00am	Intermediate STOTT PILATES Reformer \$\$ Genevieve	Essential STOTT PILATES Mat Andrea	Pilates Small Equipment Chad		Pilates Small Equipment Circuit Andrea	Pilates Energizer Workout Chad	Nordic Walking Chad or Vinyasa Yoga Christina
10:30-11:30am							
11:00 12:00	Essential STOTT PILATES Reformer \$\$ Genevieve						
12:00 1:00pm					Ali Kripalu		Ali Kripalu
3:30pm 4:30pm		Gentle Yoga Surinda	Kripalu Yoga Wendy				Kripalu Yoga Wendy
4:00pm 5:00pm					Circuit Training Chad	Reformer Class \$ Chad	
4:30-5:30	Beginner Power Yoga Meronica						
5:30 – 6:30 pm		Power Mat Pilates Genevieve	Endurance Spin Danille	Intermediate STOTT PILATESS Reformer \$\$ Genevieve	Endurance Spin Danille		
6:30 – 7:30 pm		Ashtanga Yoga Christina		Ashtangs Yoga Hannah			

**NOTE:** All classes are 50 minutes @ \$15 per person (resort guests \$10) unless otherwise specified. \$\$ - Class charge \$25 per person (resort guest discount \$20). Instructors and schedule subject to change. Advanced sign-up recommended for Reformer Classes. Nutritional consultation available by appointment.