



COMPLIMENTARY BEACHFRONT CLASSES

Participants can meet 10 minutes before class in the lower lobby next to the spa or at the beach tiki huts.

<b>THURSDAY</b>	ROYA	9:00AM	WAKEUP BOOTCAMP	Kick start your morning with a 60 min full body workout. Using a combination of battle ropes, sand spirits, and TRX you will melt unwanted calories while building resistance. All Levels.
	TAE	7:00PM	BEACH SCULPT	Join us beachfront for a 60 min low intensity full body sculpting. Build strength, endurance and resistance while burning fat away. All Levels.
<b>FRIDAY</b>	TIFFANY	9:00AM	AWAKEN YOGA	Wake up your body and mind with yoga posture, breath and meditation. Emphasizes on alignment and self wellness for your practice. Our 60 min class is designed for the sole purpose of eliminating all your stress and worries while bringing in a calm and clear mind. All Levels.
<b>SATURDAY</b>	JOSEPH	9:00AM	POWER YOGA	Our 60 min power yoga is designed to cleanse your mind, body and spirit. Breathe in the ocean air as we take you on a journey for self awareness while empowering your entire body. All Levels.
<b>SUNDAY</b>	PJ	9:00AM	BOXING BOOTCAMP	Ever wanted to train like a fighter? Join us beach front for a 60 min boxing session where we will incorporate high intensity cardio, agility training and boxing drills to have you feeling like the next heavyweight champ. All Levels.
	PJ	10:00AM	ABS & GLUTES	Sculpt those rock hard glutes and show off your six pack with our 60 min core conditioning power movements. Using a combination of weights and resistance bands, we will have you showing off your favorite assets. All Levels.

CALL EXT. 4539 FOR MORE INFORMATION

Take advantage of our state-of-the-art 24-hour fitness center with the latest in strength-training, weight and cardio equipment. Group and personalized trainings sessions available upon request. Located at Lower Lobby next to Spa.