

train with us

class menu

Awaken Yoga

Mondays & Fridays at 9:00 am
60 minutes. All levels welcome.

Wake up your body and mind with yoga posture, breath, and meditation. Our 60 min class is designed for the sole purpose of eliminating all your stress and worries while bringing in nothing but a calm and clear mind.

Beach Sculpt

Tuesdays & Thursdays at 10:00 am
60 minutes. All levels welcome.

Join us beach front for a 60 min low-intensity full body sculpting. Build strength, endurance, and resistance while burning fat away.

Pilates

Wednesdays at 9:00 am
60 minutes. All levels welcome.

A full body workout focused on creating strong and flexible muscles with a primary focus on the core.

Power Yoga

Saturdays at 9:00 am
60 minutes. All levels welcome.

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.

Boxing Bootcamp

Sundays at 09:00 am
60 minutes. All levels welcome.

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 saying you could be the next heavyweight champ.

Meeting Location

Please arrive a few minutes before class start time.

Meet your Royafit instructor outside of the spa.

Class destination is subject to change due to weather.

Please check with the spa.

meet your trainers



Jan-Philipp Tiffert

Awaken Yoga

Inspired by Yogi Bhaan from the Kundalini Yoga tradition, JP shares what he has learned about Yoga and his practice, which was shaped by the teachings passed on to him from Swami Satchidananda and Sri. K Patthabi Jois.

Natasha Vinogradova

Pilates

Natasha is a fitness trainer/instructor with a background in swimming and gymnastics and she is AFAA Certified. Her specialties include Spinning, KANGOO Jumps, DISQ, BUTI Yoga, Aero-Ropes, Belly Dancing, and is AFAA Certified.

Roya Siroospour

Beach Sculpt

With over 20 years experience, Roya draws on a broad background of fitness certifications and specialty fitness formats/techniques.

Tiffany April Levy

Awaken Yoga

Tiffany has always been physically active in many individual and group sports. While in college, she began participating in a variety of yoga styles, focusing on Hatha, Vinyasa, and Bikram yoga.

Joseph Armstrong

Power Yoga

Joseph teaches yoga rooted firmly in tradition. He has shared Hatha and Vinyasa-based yoga, as well as mindfulness meditation with his students.

PJ Venturino

Boxing Bootcamp

PJ has been a personal/group trainer for 10 years. He is a Personal Trainer, Nutritionist, Group Fitness and KickBoxing Instructor.

Private Sessions + One of a Kind Experiences

- Personal Training
- Private Group Sessions

For further inquiries please visit concierge, spa or call
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