

train with us

class menu

Pilates

**Monday & 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.

Beach Sculpt

**Tuesdays & Thursdays at 9:00 am
60 minutes. All levels welcome.**

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

Power Yoga

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

Wake up your body and mind with yoga postures, breath, and meditation. Our 60 minute class is designed for the sole purpose of eliminating all your stress and worries while creating a calm and clear mind.

Awaken Yoga

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

Our 60 minute power yoga is designed to cleanse your mind, body, and spirit. Breathe in the ocean air as we take you on a journey of self-awareness, while empowering your entire body.

Boxing Bootcamp

**Sundays at 9:00 am
60 minutes. All levels welcome.**

Ever wanted to train like a fighter? Join us beach-front for a 60 minute 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

Roya Siroospour

Beach Sculpt | Pilates

With over 20 years of experience, Roya has built an extensive network of peers and fitness industry professionals. She draws on a broad background of fitness certifications and specialty fitness formats/techniques.

Thomas Dereymez

Beach Sculpt

Thomas' advanced athletic knowledge of the human body has developed by working with some of the best physical trainers, coaches, and medical staff. This same experience has developed his enduring passion for sports and fitness. His classes will leave you feeling strong, sweaty, and accomplished every time.

PJ Venturino

Boxing Bootcamp

PJ has been a personal and group trainer for 10 years. In addition to being a personal trainer, he is a certified nutritionist, group fitness instructor, and KickBoxing instructor. PJ brings a powerful energy to every class, and creates an atmosphere of strength and success.

Emilia Garth

Awaken Yoga

Emilia's style of teaching is gentle, flowing, and open. She uses her Hawaiian roots and talented singing voice to create an atmosphere of peace and harmony. A class with Emilia is always energizing and cleansing for the spirit.

Samantha Grace

Power Yoga

She teaches a dynamic flow that is influenced by Ashtanga and Jivamukti that engages body, mind, and spirit. Samantha brings a sense of love and devotion into her classes, allowing everyone to experience a connection with yoga.

Private Classes + Experiences Available

- Personal Training
- Private Group Sessions

For further inquiries please visit concierge, spa or call
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