

## train with us

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### pilates

**MONDAY & WEDNESDAYS | 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 | 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 | 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.

## class menu

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### awaken yoga

**SATURDAYS | 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 and while creating a calm and clear mind.

### cardio camp

**SUNDAYS | 9:00 AM  
60 MINUTES. ALL LEVELS WELCOME.**

This 60 minute cardio based agility circuit is designed to increase your speed and fire up your metabolism. Spend 45 seconds at each of our 7 stations for the ultimate sweat.

**PRIVATE CLASSES + EXPERIENCES AVAILABLE  
PERSONAL TRAINING  
PRIVATE GROUP SESSIONS**

For further inquiries, please visit concierge, spa or call 786.382.5196 | [roya@royafit.com](mailto:roya@royafit.com)

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## 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 Front Desk.