

STUDIO COLOR KEY

- MOVEMENT STUDIO
 ■ YOGA STUDIO
 ■ PILATES STUDIO
 ■ OUTDOOR EVENT
 ■ MIKAELA'S CORNER
 ■ RIVERSIDE BALLROOM
Yellow Highlighted classes are new or special events | Classes will be filmed and participants must sign photo release - *

MONDAY JANUARY 17

YOGA

- 8:00 - 9:00 AM VINYASA FLOW - VICKI
- 4:00 - 5:00 PM FLOW & RESTORE - TARA
- 5:30 - 6:30 PM YOGA SCULPT - TARA

MOVEMENT

- 6:00 - 7:00 AM MASTER'S SWIM - JOSIAH
- 12:00 - 1:00 PM BARRE - JESSICA
- 5:30 - 6:30 PM WINTER SPORTS CONDITIONING - MIKE

PILATES

- 9:00 - 10:00 AM PILATES EQUIPMENT (\$) - CHAD
- 12:00 - 1:00 PM PILATES EQUIPMENT (\$) - CHAD
- 4:00 - 5:00 PM PILATES EQUIPMENT (\$) - CHAD
- 5:00 - 6:00 PM PILATES EQUIPMENT (\$) - CHAD

TUESDAY JANUARY 18

YOGA

- 6:30 - 7:30 AM HOT VINYASA FLOW YOGA - SHANNON
- 12:00 - 1:00 PM VIN YIN YOGA - LINDSAY
- 5:30 - 6:30 PM MELLOW FLOW YOGA - VICKI

MOVEMENT

- 8:30 - 9:30 AM CORE CHISEL - DEB SUBBING
- 12:00 - 1:00 PM WINTER SPORTS COND'ING - TAM
- 5:30 - 6:30 PM BARRE - TARA

PILATES

- 8:00 - 9:00 AM PILATES EQUIPMENT (\$) - CHAD
- 12:00 - 1:00 PM PILATES EQUIPMENT (\$) - DEB
- 4:00 - 5:00 PM PILATES EQUIPMENT (\$) - KIM
- 5:00 - 6:00 PM ADV. CLASSIC FLOW EQMT (\$) - CATHY

WEDNESDAY JANUARY 19

YOGA

- 8:00 - 9:00 AM VINYASA FLOW - LINDSAY
- 4:00 - 5:00 PM FLOW & RESTORE - TARA
- 5:30 - 6:30 PM YOGA SCULPT - RICHEL

MOVEMENT

- 6:00 - 7:00 AM MASTER'S SWIM - JOSIAH
- 6:30 - 7:30 AM WINTER SPORTS COND'ing - HEIDI
- 12:00 - 1:00 PM BARRE - DEB SUBBING
- 5:30 - 6:30 PM WINTER SPORTS COND'ing - CHRISTY

PILATES

- 9:00 - 10:00 AM PILATES EQUIPMENT (\$) - CATHY
- 12:00 - 1:00 PM PILATES EQUIPMENT (\$) - CATHY
- 4:00 - 5:00 PM PILATES EQUIPMENT (\$) - CATHY
- 5:00 - 6:00 PM PIL. EQUIP. BARRE FUSION (\$) - CATHY

THURSDAY JANUARY 20

YOGA

- 6:30 - 7:30 AM HOT VINYASA FLOW - MOONSTONE
- 5:30 - 6:30 PM MELLOW FLOW YOGA - MAURA

MOVEMENT

- 8:30 - 9:30 AM TOTAL BODY SCULPT / TRX - NATHALIE
- 12:00 - 1:00 PM WINTER SPORTS CONDIT. - MIKE
- 12:00 - 1:00 PM PILATES MAT - CATHY
- 5:30 - 6:30 PM BARRE - MARINA

PILATES

- 8:00 - 9:00 AM PILATES EQUIPMENT (\$) - CHAD
- 12:00 - 1:00 PM PILATES EQUIPMENT (\$) - DEB
- 4:00 - 5:00 PM PILATES EQUIPMENT (\$) - CATHY
- 5:00 - 6:00 PM ADV. CLASSIC FLOW EQMT (\$) - CATHY

FRIDAY JANUARY 21

YOGA

- 8:00 - 9:00 AM VINYASA FLOW YOGA - JOE JOE

MOVEMENT

- 6:00 - 7:00 AM MASTER'S SWIM - JOSIAH
- 6:00 - 7:00 AM WINTER SPORTS CONDITIONING - MIKE
- 8:30 - 9:30 AM CORE CHISEL - NATHALIE
- 12:00 - 1:00 PM BARRE - NATHALIE

PILATES

- 9:00 - 10:00 AM PILATES EQUIPMENT (\$) - KATIE
- 10:00 - 11:00 AM PILATES EQUIPMENT (\$) - KATIE
- 12:00 - 1:00 PM PILATES EQUIPMENT (\$) - KIM
- 4:00 - 5:00 PM JUMPBOARD (\$) - CHAD

SATURDAY JANUARY 22

YOGA

- 9:30 - 10:30 AM MELT WORKSHOP - SOFIA
- 10:15 - 11:30 AM AERIAL YOGA - JOE JOE

MOVEMENT

- 9:00 - 10:00 AM CARDIO BARRE - NATHALIE

PILATES

- 9:00 - 10:00 AM PILATES EQUIPMENT (\$) - CHAD
- 10:00 - 11:00 AM PILATES EQUIPMENT (\$) - CHAD

SUNDAY JANUARY 23

YOGA

- 8:30 - 9:45 AM BHAKTI FLOW - JOE JOE
- 5:30 - 6:30 PM MELLOW FLOW - MAURA

PILATES

- 9:00 - 10:00 AM PILATES EQUIPMENT (\$) - ADRYEN
- 10:00 - 11:00 AM PILATES EQUIPMENT (\$) - ADRYEN

P R I C I N G G U I D E			
	Gym / Pool Facilities	Classes	Specialized Classes (\$)
Members / Owners	Included in membership	Included	\$20
Resort Guest	Included	\$20	\$20
Daily Drop -In	\$50	1 class included with day pass	1 class included with day pass
Spa Guest	Included	\$20	\$20

YOGA

AERIAL YOGA: Aerial Yoga uses suspension yoga training to deepen your practice and ease into postures. The hammock is used to deepen stretches without compressing the spine.

BHAKTI FLOW: Bhakti (meaning Love and Devotion) Flow combines the chanting of universal mantras with the grace of vinyasa flow yoga. Expect many different postures woven into a sequence with ujjayi breathing and mindful alignment.

FLOW & RESTORE YOGA: This is a gracefully sequenced class blending fluid movements, strength building and calming effects. Poses are rooted in awakening the breath and body.

HATHA YOGA: In this class, full-body relaxation and balance are the goals, as we make a full circuit of the body's range of motion with standing postures, twists and backbends.

HOT VINYASA FLOW YOGA: In this class, use muscle engagement and long pose holds for strength and flexibility. Studio temperature creates conditions for optimal sweat.

MELT: The MELT Method® (MELT®) is a treatment using a soft Melt roller and ball to reduce the effects of accumulated tension and stress caused by daily living.

YIN YOGA: Yin yoga is a slower form of yoga that targets the deep connective tissues, joints, and bones. Poses are held for a longer period of time with props to assist in comfort.

MOVEMENT

BARRE: Barre isolates the major muscles of the body for a deep, strengthening burn. Enjoy the lengthening, toning effects of ballet and Pilates combined into this class.

CORE CHISEL: This class focuses on endurance weight lifting. Each major muscle group, especially core, will be effectively toned and trained for a full body resistance training workout.

HIIT TABATA: This class uses equipment such as dumbbells and kettlebells for a maximum calorie burn and High Intensity Interval Training (HIIT) workout.

KNOCKOUT WORKOUT: Learn kickboxing skills in this class (abs, jabs, and more) alternated with strengthening exercises to build lean muscle. *No previous experience required.*

MASTER'S SWIM: This advanced swim workout is led by World Champion triathlete Josiah Middaugh. Workouts are 3500 - 4200 yds in duration and incorporate minimal coaching.

TOTAL BODY SCULPT: Exercise all muscle groups with a variety of strengthening and conditioning movements incorporating props like hand weights, resistance bands and your own body.

STRENGTH & CONDITIONING: This total-body workout uses body weight and dumbbells to strengthen muscles, improve functional mobility and endurance.

PILATES

ALL CLASS PARTICIPANTS MUST HAVE PILATES EQUIPMENT EXPERIENCE AND/OR TAKE 2 BEGINNER CLASSES BEFORE JOINING THESE CLASSES.

ADDITIONAL COSTS MAY APPLY.

PILATES EQUIPMENT: *Previous experience required.* This class utilizes the Pilates Reformers and Chairs for a full-body, strengthening and lengthening workout.

PILATES JUMP BOARD: Pilates Jump board is a fast-paced Reformer workout that builds and tones your body. The class puts emphasis on staying in constant motion from start to finish.

PILATES CHAIR: This Pilates class utilizes chairs for a full-body workout. The choreographed routine of challenging movements will strengthen, stretch and lengthen your body.