

THE 2012 SPA FITNESS SCHEDULE

Hours: 6am-7pm daily



CLASS TIMES

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:00 AM	Yoga	Yoga	Yoga	Yoga	Yoga		
9:00 AM						Yoga	
9:30 AM			Yoga				
12:30 PM							Sacred Flow Yoga
2:00 PM							
3:00 PM							
4:30 PM							
5:00 PM							
5:30 PM							
6:00 PM							

CLASS DESCRIPTION

Yoga: A way to start & build a strong foundation in yoga, the basics in breathing (pranayama), postures (asana), & meditation will be covered with emphasis on warming up the body, alignment & breathing techniques.

Sacred Slow Flow: Open to all levels, this class links postures together with complete breath awareness in a fluid slow flow. As you stay with the instructor moment to moment, as you are led through the practice breath by breath, an inner awakening is bound to occur. You become alert and awake in the present moment with a deeper sense of gratitude for your precious life.

GENERAL FEES

Single Session class/drop in.....	\$15
10 Class package.....	\$120
20 Class package.....	\$240

Private practice available. All classes subject to change without notice. Bookings required to secure your participation.

RESORT GUESTS ONLY "Check Out Massage" or "Check Out Facial"
\$99 - 50 min Swedish Massage or 50 min Classic Facial (each are regularly \$140)
 Book a 50 min Swedish Massage or Facial at 8am or 9am each for \$99

*Subject to availability. Cannot be combined with any other spa offer.
 Management reserves all rights.
 Available 7 days a week.*