

# THE SPA FITNESS SCHEDULE

## NOVEMBER 2009

Hours: 6am–7pm daily



### CLASS TIMES

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:00 AM						Yoga	
8:00 AM		Yoga	Yoga	Yoga	Yoga		
12:30 PM							Sacred Flow Yoga
2:00 PM	Sacred Flow Yoga						
3:00 PM					Jivamukti Yoga		
4:30 PM			Pilates Reformer		Pilates Reformer		
5:00 PM							
5:30 PM						Jivamukti Yoga	
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.
- Pilates Reformer:** In this small group class you will be guided through a series of controlled exercises that are specifically tailored to your level of ability. Each student will work on a reformer, a special apparatus that allows for full range of motion with increasing levels of difficulty.
- Jivamukti Yoga:** A vigorous, challenging form of vinyasa asana practice (flowing poses), infused with an inspiring musical soundtrack, where original scriptures are cited, Sanskrit is chanted, and meditation is a part of every class.
- 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..... \$10  
 10 Class package..... \$80  
 20 Class package..... \$160

### PILATES REFORMER FEES

Single Session class/drop in..... \$25  
 10 Class Package ..... \$200

*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"

\$100 - 50 min Swedish Massage or 50 min Classic Facial (each are regularly \$135)  
 Book a 50 min Swedish Massage or Facial at 8am or 9am each for \$100

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