

JULY



Weekly Class SCHEDULE

Class Pricing:
Members: Free
Hotel Guests: Free
Non-Members:
\$25 Per Class
10 Visit Class Pass: \$180

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:00 am						Brick Bodies with Wendy	
8:30 am	Splash Aerobics with Shelly Full Body Fitness with Wendy	Slow Flow Yoga with Julia	Splash Aerobics with Shelly Full Body Fitness with Wendy	Slow Flow Yoga with Sally	Splash Aerobics with Shelly Belly Dance with Wendy		
9:00 am						Saturday Soul Revival Yoga with Wendy	Sunday Morning Qi-Gong with Shalimar
9:30 am	Core Body Strength with Wendy		Core Body Strength with Wendy				
9:45 am		Gentle Yoga with Julia		Mindfulness Class & Meditation with Brenda	Gentle Yoga with Wendy		
12:15 pm	Functional Fitness with Brendan		Functional Fitness with Brendan				
4:00 pm	Kick-Mix with Trish	Tabata with Trish	Qi Gong with Brenda	Tabata with Trish			
5:30 pm		Splash Aerobics with Erin in the Pool		Splash Aerobics with Shalimar in the Pool			
6:00 pm	Vinyasa Yoga with Julia						