



SENATOR SPA
SWIM. FITNESS. LIFESTYLE.



SEPTEMBER

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

| | | | | | | | |
|----------|---------------------------------|---|---------------------------------|--|-----------------------------|---------------------------------------|--------------------------------------|
| 5:30 am | | Progressive Overload Full Body with Allen | Body Core With Allen | Progressive Overload Full Body with Allen | | | |
| 6:30 am | Body Up with Allen | Body Down with Allen | Body Core With Allen | Body Up with Allen | Body Down with Allen | | |
| 8:00 am | | | | | | Brick Bodies with Wendy | |
| 8:30 am | Splash Aerobics with Shelly | Slow Flow Yoga with Julia | Splash Aerobics with Shelly | Slow Flow Yoga with Sally | Splash Aerobics with Shelly | | |
| 8:30 am | Full Body Fitness with Wendy | | Full Body Fitness with Wendy | | 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 | | |
| 10:00 am | | | | | | | |
| 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 | | | | | | |