



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
	Progressive Overload Full Body with Allen	Body Core With Allen	Progressive Overload Full Body with Allen			
Body Up with Allen	Body Down with Allen	Body Core With Allen	Body Up with Allen	Body Down with Allen		
					Brick Bodies with Wendy	
Splash Aerobics with Shelly	Slow Flow Yoga with Julia	Splash Aerobics with Shelly	Slow Flow Yoga with Sally	Splash Aerobics with Shelly		
Full Body Fitness with Wendy		Full Body Fitness with Wendy		Belly Dance with Wendy		
					Saturday Soul Revival Yoga with Wendy	Sunday Morning Qi-Gong with Shalimar
Core Body Strength with Wendy		Core Body Strength with Wendy				
	Gentle Yoga with Julia		Mindfulness Class & Meditation with Brenda	Gentle Yoga with Wendy		
Functional Fitness with Brendan		Functional Fitness with Brendan				
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Kick-Mix with Trish	Tabata with Trish	Qi Gong with Brenda	Tabata with Trish			
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	Splash Aerobics with Erin in the Pool		Splash Aerobics with Shalimar in the Pool			
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Vinyasa Yoga with Julia	in the					
	Body Up with Allen Splash Aerobics with Shelly Full Body Fitness with Wendy Core Body Strength with Wendy Functional Fitness with Brendan Kick-Mix with Brendan	Progressive Overload Full Body with AllenBody Up with AllenBody Down with AllenSplash Aerobics with ShellySlow Flow Yoga with JuliaFull Body Fitness with WendySlow Flow Yoga with JuliaCore Body Strength with WendyGentle Yoga with JuliaFunctional Fitness with BrendanSlow Flow Yoga with JuliaKick-Mix with TrishTabata with TrishKick-Mix with TrishSplash Aerobics with Erin in the PoolVinyasa YogaSuperstant	Progressive Overload Full Body with AllenBody Core With AllenBody Up with AllenBody Down with AllenBody Core With AllenSplash Aerobics with ShellySlow Flow Yoga with JuliaSplash Aerobics with ShellyFull Body Fitness with WendySlow Flow Yoga with JuliaSplash Aerobics with WendyCore Body Strength with WendyCore Body Strength with JuliaCore Body Strength with JuliaFunctional Fitness with BrendanGentle Yoga with JuliaGentle Yoga With BrendanFunctional Fitness with BrendanFunctional Fitness with BrendanKick-Mix with TrishTabata With TrishQi Gong With BrendaKick-Mix with TrishSplash Aerobics with BrendaJuliaVinyasa YogaSolash Aerobics Winga Winga With StateSolash Aerobics With Erin in the Pool	Progressive Overload Full Body with Allen Body Core With Allen Progressive Overload Full Body with Allen Body Up with Allen Body Down with Allen Body Core With Allen Body Up with Allen Splash Aerobics with Shelly Slow Flow Yoga with Shelly Splash Aerobics with Shelly Slow Flow Yoga with Sally Full Body Fitness with Wendy Slow Flow Yoga with Sup Strength with Wendy Slow Flow Yoga with Sally Core Body Strength with Wendy Gentle Yoga with Julia Mindfulness Class & Meditation with Brenda Functional Fitness with Brendan Functional Fitness with Brendan Mindfulness Class & Weditation with Brenda Kick-Mix with Trish Tabata with Trish Qi Gong with Brenda Tabata with Trish Kick-Mix with Trish Splash Aerobics with Brenda Splash Aerobics with Brenda Splash Aerobics with Shalimar in the Pool	Progressive Overload Full Body with Allen Body Core With Allen Progressive Overload Full Body with Allen Body Up With Allen Body Up with Allen Body Down with Allen Body Core With Allen Body Up Body Up Body Down with Allen Splash Aerobics with Shelly Slow Flow Yoga With Julia Splash Aerobics With Shelly Silow Flow Yoga With Shelly Splash Aerobics With Wendy Splash Aerobics With Brendan Splash Aerobics With Brendan Splash Aerobics With Trish Splash Aerobics With Brendan Splash Aerobics With Brendan Splash Aerobics With Brendan Splash Aerobics With Shallmar In the Pool Splash Aerobics With Shallmar Splash Aerobi	OPProgressive with Allen Body Core With Allen Progressive Overload Full Body with Allen Body Up with Allen Body Down with Allen Body Down with Allen Body Down with Allen Body Down with Allen Splash Aerobics with Shelly Slow Flow Yoga with Shelly Splash Aerobics with Shelly Splash Aerobics with Shelly Splash Aerobics with Shelly Splash Aerobics with Selly Splash Aerobics with Wendy Splash Aerobics with Wendy Splash Aerobics with Wendy Selly Dance with Wendy Selly Danc