



**SENATOR SPA**  
SWIM. FITNESS. LIFESTYLE.



# APRIL

## Weekly Class

# SCHEDULE

**Class Pricing:**  
**Members: Free**  
**Hotel Guests: Free**  
**Non-Members:**  
**\$25/\$28 Per Class**  
**10 Visit Class Pass: \$180**

MONDAY      TUESDAY      WEDNESDAY      THURSDAY      FRIDAY      SATURDAY      SUNDAY

5:30 am	Resistance Training with Allen	Total Body Circuit with Allen	Recovery Workout with Allen	Resistance Training with Allen	Total Body Circuit with Allen		
6:30 am							
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		
9:30 am	Core Body Strength with Wendy						Basic Qigong with Shalimar
9:45 am		Gentle Yoga with Julia		Mindfulness Class & Meditation with Brenda	Gentle Yoga with Wendy		
10:30 am							Intermediate Qigong with Shalimar
12:15 pm	Functional Fitness with Trish	Total Body Circuit with Allen	Tabata Full Body with Allen	Resistance Training with Allen	Functional Fitness with Trish		
4:00 pm	Kick-Mix with Trish	Tabata with Trish	Qigong 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			Slow Flow Yoga with Sally				