



Group Exercise Schedule | SEPTEMBER 2019



MONDAY

7 AM | Energizing Yoga w Alison 60m
12:30 PM | Express Body Blast w MC 30m
5:30 PM | Stretch Out Stress w Elissa 60m

THURSDAY

7 AM | Energizing Yoga w Alison 60m
12:30 PM | Express Body Blast w MC 30m
5:30 PM | Sunset Soul Yoga w Alison 60m

TUESDAY

7 AM | Energizing Yoga w Alison 60m
12:30 PM | Express Body Blast w MC 30m
5:30 PM | Sunset Soul Yoga w Alison 60m

FRIDAY

7 AM | Energizing Yoga w Alison 60m
12:30 PM | Express Body Blast w MC 30m

WEDNESDAY

7 AM | Energizing Yoga w Alison 60m
12:30 PM | Express Body Blast w MC 30m
5:30 PM | Stretch Out Stress w Elissa 60m

SATURDAY & SUNDAY

Classes can be scheduled on request

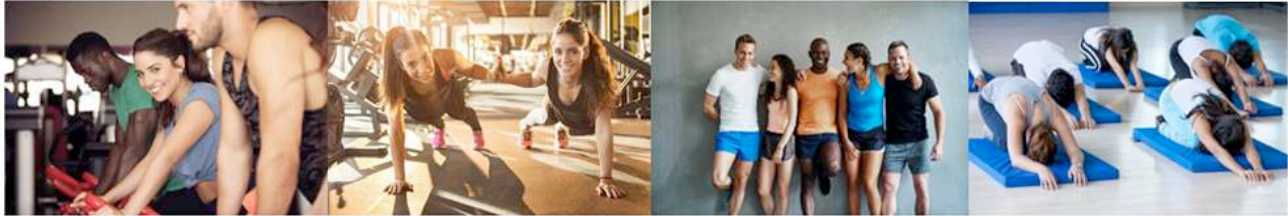
Classes are held at *mySpa* located on POOL Level, 5th Floor
InterContinental Hotel, Miami

All equipment is provided which includes Yoga Mat; Towels & Fruit Infused Water & Guests enjoy full access to mySpa amenities which include Steam, Sauna, Relaxation Lounges, Pool, Sundeck & Fitness Center

Please RSVP at 305.372.4444 or e-mail myspa.miami@ihg.com



Group Exercise Schedule | SEPTEMBER 2019



CLASS DESCRIPTIONS

Energizing Yoga

This Energizing Yoga Class is designed to awaken the body and refresh the mind to prepare you for the day ahead, with a combination of Vinyasa Flow and Hatha Yoga styles.

Sunset Soul Yoga

Wind down and release the tensions of the day with this full and connected Sampoorna yoga based practice.

Stretch Out Stress

Release and relax your muscles from tension and tightness by adding in some kinesthetic movement to end your day.

Express Body Blast

A perfect lunchtime high Intensity Interval training class to get the heart rate up and condition all parts of the body, working on set stations as a circuit.

Yoga & Sound Meditation

Sampoorna yoga is the yoga of fullness to refine and purify your Body, Mind and Spirit with the added benefit of Sound Meditation.

Classes are held at *mySpa* located on POOL Level, 5th Floor
InterContinental Hotel, Miami

All equipment is provided which includes Yoga Mat; Towels & Fruit Infused Water & Guests enjoy full access to mySpa amenities which include Steam, Sauna, Relaxation Lounges, Pool, Sundeck & Fitness Center

Please RSVP at 305.372.4444 or e-mail myspa.miami@ihg.com