



Group Exercise Schedule | MARCH 2020



MONDAY

7 AM | Energizing Yoga w Alison 60m
12:30 PM | Express Body Blast w Geno 45m
5:30 PM | Stretch Out Stress w Elissa 60m

THURSDAY

7 AM | Energizing Yoga w Alison 60m
12:30 PM | Express Body Blast w Geno 45m
5:30 PM | Total Body Workout w Ana 60m

TUESDAY

7 AM | Energizing Yoga w Alison 60m
12:30 PM | Express Body Blast w Geno 45m
5:30 PM | Total Body Workout w Ana 60m

FRIDAY

7 AM | Energizing Yoga w Alison 60m
12:30 PM | Express Body Blast w Geno 45m

WEDNESDAY

7 AM | Energizing Yoga w Alison 60m
12:30 PM | Express Body Blast w Geno 45m
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



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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.

Total Body Workout

Enjoy this full body workout to tone and strengthen all major muscle groups and focus on Core Training, Balance and Stability.

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.

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