

FIND YOUR BODY STRENGTH

Welcome to Silversands Spa.

Prioritise your fitness and well being. Our classes have been created with our guests in mind.

Please contact the Spa on 7000 to book in for classes or to schedule private sessions.

TRANSFORMATIVE. BALANCING. REWARDING



The Schedule

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7.00 am– 7.45am	MAT Pilates	Paddle Board Exercise	Hatha Traditional Yoga	Sports Stretch	HIIT Class	Core Exercise	Surya Namaskar
4.00 pm - 4.45 pm	HIIT Class	Vinyasa Flow	Yin Yoga	Pranayama Breathing & Meditation	Trend Hits Zumba	Ashtanga	Yin Yoga

Fitness Class Descriptions

Mat Pilates at Wading Pool

Low-impact flexibility emphasises proper postural alignment, core, strength and balance.

Paddle Board Exercise at Beach

Strength, balance and endurance with a combination of stretching and balance exercises.

Sports Stretch at Gym

A form of exercise that increases muscle control, flexibility and range of motion.

HIIT Class meet in Spa

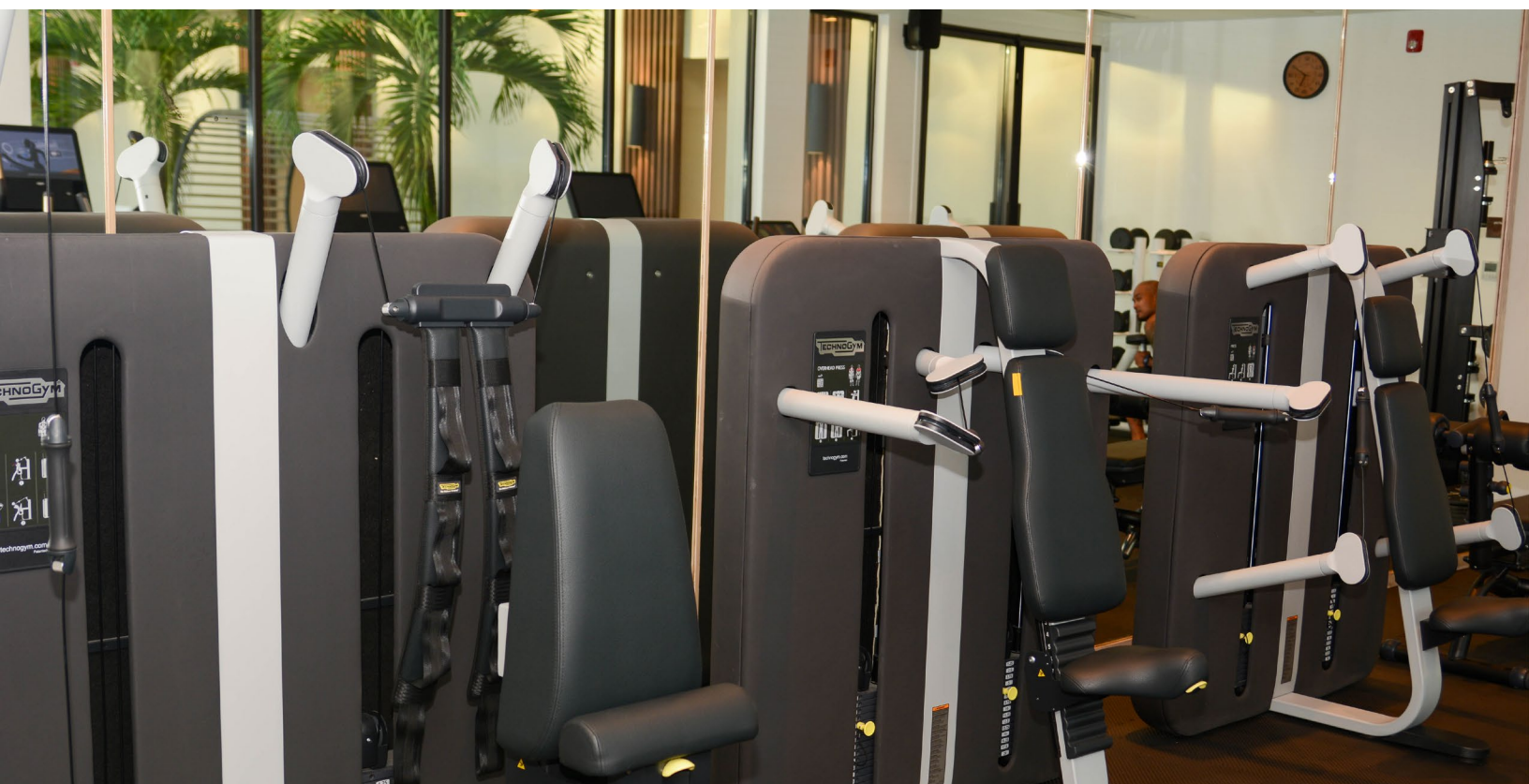
Interval training, cardiovascular exercise that alternates short periods of high intensity with less intense recovery period.

Core Exercise at Wading Pool

Working out the entire middle section of your body which includes the stomach muscles, hips, and gluteus, and lower back, obliques and adductors.

Trend Hits Zumba at Wading Pool

Interval workout movement with high and low-intensity trend hits dance moves that boost cardio endurance.



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Yoga Class Descriptions

Hatha Traditional Yoga at Wading Pool

Standing and seated postures in combination with controlled breathing particularly suited for developing physical fitness.

Vinyasa Flow at Wading Pool

Fast-paced rhythmical sequence form of yoga with a focus on connecting the movements with breath control.

Pranayama Breathing & Meditation at Gym

A practice of focusing the mind, breath control regulation that exercise physical and mental wellness.

Yin Yoga at Gym

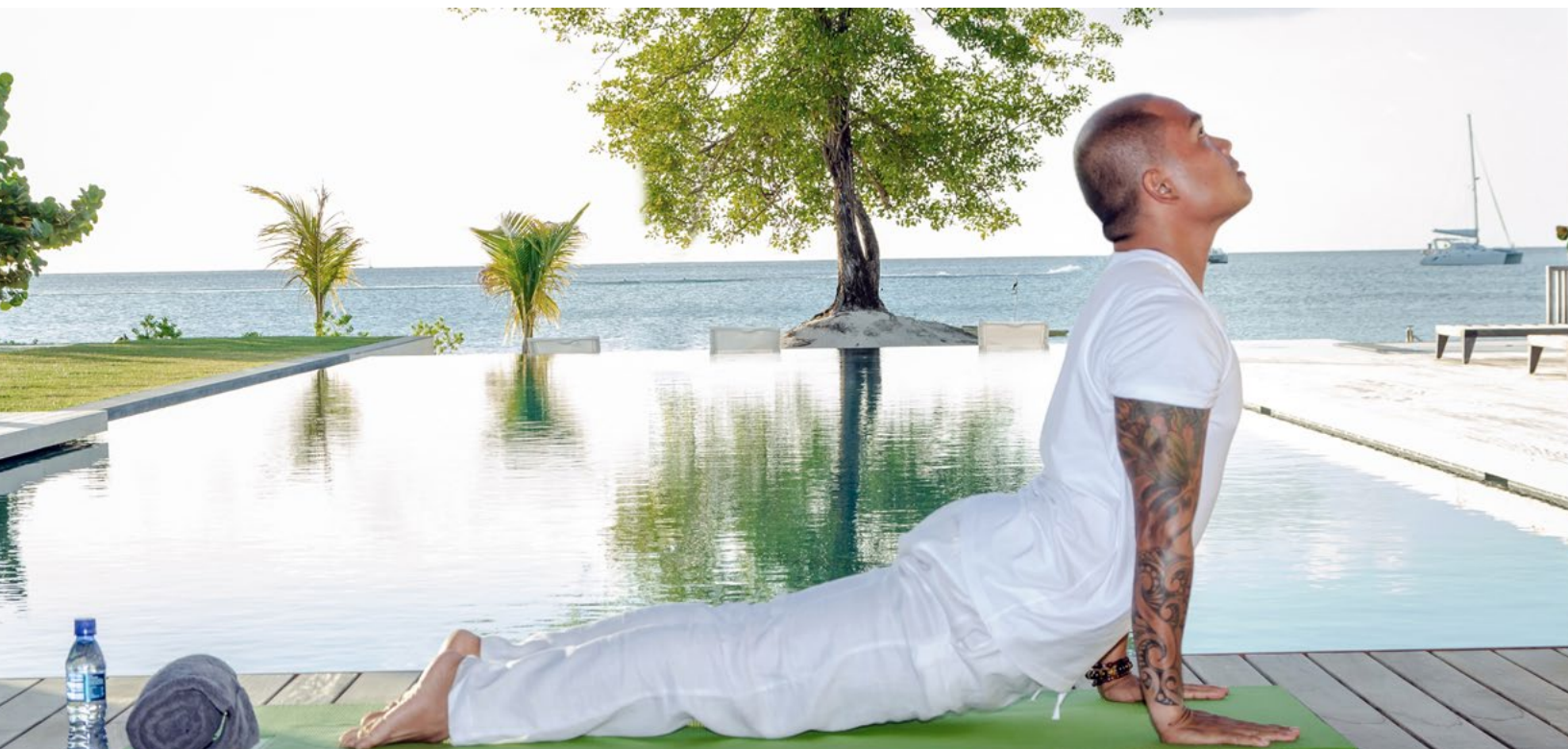
Slow-paced form of yoga style for women incorporating traditional Chinese medicine with asana postures to open the hips and gain flexibility.

Surya Namaskar at Wading Pool

A form of yoga incorporating a flow sequence of twelve asana poses, dedicated to the solar deity Surya.

Ashtanga Series 1 at Wading Pool

A form of yoga refers to eight-limb path, towards achieving the state of Yoga that purifies the body and mind.



SILVERSANDS

All prices are USD and subject to 15% VAT
and 10% Service Charge

