THE LANDINGS Resort and Spa

WEEKLY ACTIVITY SCHEDULE

DAYS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Time 7:30 - 9am 7am - 8am 8am - 9am	Morning Walk (+) ***** Pilates (+) Pilates (+)	Beach Fit (+) ***** YOGA (+)	Morning Walk (+) ***** Pilates ($) Pilates ($)	Beach Fit (+) ***** YOGA (+)		 YOGA (+)	
Time 9:15am - 10am		Abs & Core (+) ****	Body Stretch (+) **	Abs & Core (+) ****	Body Stretch (+) ****		
Time 10am - 10:45am 11am	Aqua Aerobics (+) ***	Pool Volleyball (+) ***	Aqua Aerobics (+) *** Historical Hike with Terry ($)		Aqua Aerobics (+) ***		
Time 3:15pm 4:15pm	Caribbean Dance Fitness (+) ****	 Legs Abs & Buns(+) ****		 Legs Abs & Buns(+) ****	Caribbean Dance Fitness (+) ****		
Time 4:00pm - 5pm 4:15pm - 6pm	 Beach Volleyball (+) ****				East Coast Hike (+) **** Beach Volleyball (+) ****		Body Tone ($) ****
Time 6:15pm- 7pm	Body Sculpt ($) ****	Combat Fitness ($) *****		Combat Fitness ($) *****		Legs Abs & Buns ($) ****	Spin & Abs ($) ****

Intensity levels are accompanied by stars ***** | Please contact Spa Concierge for Scheduling and pricing at Ext. 7333

Complimentary activities are accompanied by the (+) symbol | Paid activities are accompanied by the ($) symbol