

## GYM SCHEDULE

<b>Monday</b>	7am-8am Yoga With Monique The Gym Balcony	8am-9am Pilates With Nikita The Gym Balcony		10-10:30am Aqua Aerobics With Terry The Wiggly Pool		5:30-6:15pm Body Sculpt With Terry The Gym Balcony	
<b>Tuesday</b>	8am-9am Yoga With Monique The Gym Balcony		8am-10am Historical Hike (+entrance fee) With Terry	10am-11am Body Sculpt With Terry The Gym Balcony			
<b>Wednesday</b>	7am-8am Yoga With Monique The Gym Balcony		9am-10am Pilates With Nikita The Gym Balcony	10-10:30am Aqua Aerobics With Terry The Wiggly Pool		5:30-6:15pm Body Sculpt With Terry The Gym Balcony	
<b>Thursday</b>	8am-9am Yoga With Monique The Gym Balcony		8am-10am Historical Hike (+entrance fee) With Terry	10am-11am Kick Boxing Workout With Terry		5:30-6:15pm Body Sculpt With Terry The Gym Balcony	
<b>Friday</b>	7am-8am Yoga With Monique The Gym Balcony	8am-9am Couples Yoga Stretch The Gym Balcony		10-10:30am Aqua Aerobics With Terry The Wiggly Pool			
<b>Saturday</b>	8am-9am Yoga With Monique The Gym Balcony	8am-8:45am Body Sculpt With Terry The Gym Balcony	9am-10am Kick Boxing Workout With Terry				

Classes in GREEN are complimentary

Classes in **BLACK** are charged at the advertised rates

**PLEASE SIGN UP 24 HRS IN ADVANCE FOR (ALL) CLASSES AT THE SPA RECEPTION**