



SPA & WELLNESS COLLECTIVE

FITNESS SCHEDULE

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|--|---|--|--|--|--|------------------------------|
| <u>AEROBIC STUDIO</u> | <u>AEROBIC STUDIO</u> | <u>AEROBIC STUDIO</u> | <u>AEROBIC STUDIO</u> | <u>AEROBIC STUDIO</u> | <u>AEROBIC STUDIO</u> | <u>AEROBIC STUDIO</u> |
| 7.00 am H.I.I.T. 8.15 am H.I.I.T. | 6.00 am Total Body Workout 7.00 am H.I.I.T. 8.15 am H.I.I.T. Trampoline | 7.00 am H.I.I.T. 8.15 am H.I.I.T. | 6.00 am Total Body Workout 8.15 am H.I.I.T. Trampoline | 7.00 am H.I.I.T. 8.15 am H.I.I.T. | 9.00 am H.I.I.T. | 10.00 am Circuit Training* |
| 9.30 am Total Body Workout* | 9.30 am Upper Body Circuit | 9.30 am Total Body Workout* | | 9.30 am Total Body Workout* | | |
| 10.30 am Yoga* 11.30 am Circuit Training* 4.15 pm H.I.I.T. | 10.30 am Yoga* 11.30 am Zumba* 6:00 pm Circuit Training* | 10.30 am Zumba* 11.30 am Yoga* 4.15 pm Total Body Workout* | 10.30 am Yoga* 11.30 am Zumba* 6:00 pm Circuit Training* | 11.30 am Yoga* 4.15 pm H.I.I.T. | 10.30 am Yoga* | |
| <u>CYCLING STUDIO</u> | <u>CYCLING STUDIO</u> | <u>CYCLING STUDIO</u> | <u>CYCLING STUDIO</u> | <u>CYCLING STUDIO</u> | <u>CYCLING STUDIO</u> | <u>CYCLING STUDIO</u> |
| 6.00 am Cycling & Strength 8.30 am High Intensity Cycling | 6.00 am Cycling & Strength 7:15 am All Terrain Cycling 8.30 am High Intensity Cycling | 6.00 am Cycling & Strength 7:15 am All Terrain Cycling 8.30 am All Terrain Cycling | 8:30am Strength Cycling 9.30 am Strength Lower Body | 6.00 am Cycling & Strength 7.15 All Terrain Cycling 8.30 am All Training Cycling 9.30 am Cycling & Strength | 6.00 am Cycling & Strength 7.15 All Terrain Cycling 8.30 am Race Day Cycling | 9.00 am All Terrain Cycling |
| 10.30 am All Terrain Cycling | | 10.30 am All Terrain Cycling 6.00 pm All Terrain Cycling | | 10.30 am All Terrain Cycling | | |
| <u>CASCATA POOL</u> | | <u>CASCATA POOL</u> | | <u>CASCATA POOL</u> | <u>CASCATA POOL</u> | |
| 10.00 am Water Aerobics* | | 10.30 am Water Aerobics* | | 10.30 am Water Aerobics* | 10.00 am Water Aerobics* | |

PERSONAL TRAINING

\$120 for 1 Session
\$900 for 10 Sessions
\$2000 for 25 Session

GROUP/PRIVATE CLASSES

2 in 1 Session \$85/person
3 in 1 Session \$75/person
4 in 1 Session \$65/person
5 in 1 Session \$55/person

FITNESS CLASS PRICING

1 Class - \$25
12 Classes - \$168

Registration is required for all classes, as classes have limited space. Please see Concierge to register for classes after hours.
Classes are subject to change. Please visit the Spa Reception Desk.
*Complementary for hotel guests.

âme

SPA & WELLNESS COLLECTIVE

FITNESS SCHEDULE

DO'S & DON'T

Minimum of 2 participants per class
Please note that cell phones and tablets are not permitted
Please advise your instructor of any limitations/injuries
Please bring towels and water to all classes
Proper fitness attire and shoes are required for all activities in the fitness center
No additional guests will be permitted to enter once class has commenced
The fitness center is located on the 3rd floor of the spa

CIRCUIT TRAINING

Circuit Training Bootcamp! Get in the best shape of your life through timed, high intensity intervals of strength training and cardio exercise.

CYCLE & STRENGTH

This intensive class will shape you up beginning with a 30 minute cycle then in the 2nd part of this class you will tone by using various equipment and your own body weight.

H.I.I.T.

An enhanced form of interval training, an exercise strategy alternating periods of short intense anaerobic exercise with less-intense recovery periods. H.I.I.T. is a form of cardiovascular exercise.

INDOOR CYCLING

High and Low Intensity, Heart Rate Specific, Non-Impact, Cardiovascular training.
Your Heart... The only muscle that never rests... Condition it!
Mondays – Heart Rate Training 92% High Intensity or 145min Intervals.
Tuesdays – Heart Rate Training 65% or 75% Endurance Based Training, No hills.
Wednesdays – Heart Rate Training 50%-92%. Five Heart Rate Zones. All terrain.
Thursdays – Heart Rate Training 75%-85% Strength Based Training. All up hill.
Fridays – Heart Rate Training 50%-75% Recovery Based Training.
Saturdays – Come take the Saturday challenge! See how your heart rate conditioning is paying off. An all-out effort ride, Turnberry's toughest class!
Sundays – Heart Rate Training 50%-92% all terrain ride based on 5 Heart Rate Zones.

STRENGTH UPPER & LOWER BODY

A fun and energetic workout that will tone and define the whole body.

TOTAL BODY WORKOUT

A series of timed or counted exercises with a short transition time in between each exercise to keep your heart rate up. Focusing on the entire body.

WATER AEROBICS

This is a low-impact activity that takes the pressure off your bones, joints and muscles. Water offers natural resistance, which helps strengthen your muscles. Workout with low impact, fun aerobic routines while staying cool.

YOGA

This class is geared more to beginners and is based on the ancient Indian form of movement that promotes balance, flexibility, strengthen and relaxation Through various postures and breathing techniques.

ZUMBA

Combines Latin and International music with a fun and effective workout system. Join the party!