



SPA & WELLNESS COLLECTIVE

# FITNESS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b><u>AEROBIC STUDIO</u></b>	<b><u>AEROBIC STUDIO</u></b>	<b><u>AEROBIC STUDIO</u></b>	<b><u>AEROBIC STUDIO</u></b>	<b><u>AEROBIC STUDIO</u></b>	<b><u>AEROBIC STUDIO</u></b>	<b><u>AEROBIC STUDIO</u></b>
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.	
9.30 am Total Body Workout*	9.30 am Upper Body Circuit	9.30 am Total Body Workout*		9.30 am Total Body Workout*		10.00 am Circuit Training*
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* 11.30 am Sculpting Class*	11.30 am Sculpting Class*
<b><u>CYCLING STUDIO</u></b>	<b><u>CYCLING STUDIO</u></b>	<b><u>CYCLING STUDIO</u></b>	<b><u>CYCLING STUDIO</u></b>	<b><u>CYCLING STUDIO</u></b>	<b><u>CYCLING STUDIO</u></b>	<b><u>CYCLING STUDIO</u></b>
6.00 am Cycling & Strength 7:15 am All Terrain Cycling 8.30 am High Intensity 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 10.30 am All Terrain Cycling	8.30 am Race Day Cycling	9.00 am All Terrain Cycling
10.30 am All Terrain Cycling	<b><u>WEIGHT ROOM AREA</u></b>	10.30 am All Terrain Cycling 6.00 pm All Terrain Cycling	<b><u>WEIGHT ROOM AREA</u></b>		<b><u>CASCATA POOL</u></b>	
<b><u>CASCATA POOL</u></b>	11.30 am Strength and Conditioning *	<b><u>CASCATA POOL</u></b>	11.30 am Strength and Conditioning *	<b><u>CASCATA POOL</u></b>	<b><u>CASCATA POOL</u></b>	
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.

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## 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 & CONDITIONING

Building strong muscles implementing upper and lower body machines, for a total body conditioning.

### SCULPTING CLASS

Total Body Workout using weights and resistance bands followed by ab work.

### 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!