



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.	6:00 am 30/30 Full Body*	7:00 am H.I.I.T.	6:00 am 30/30 Full Body*	7:00 am H.I.I.T.	8:00 am Bootcamp*	8:30 am 30/30 Full Body*
8:15 am Evolve Fit*	7:00 am H.I.I.T.	8:15 am 30/30 Full BodyWork*	7:00 am H.I.I.T.	8:15 am 30/30 Full Body*	9:00 am H.I.I.T. Trampoline	9:30 am Bootcamp*
9:30 am Sweatshop*	8:15am H.I.I.T. Trampoline	9:30 am Sweatshop*	8:15 am H.I.I.T. Trampoline	9:30 am Dance*	10:00 am Sweatshop*	10:30 am Circuit Training*
10.30 am Yoga*	9:30 am Sweatshop*	10:30 am Dance*	9:30 am Sweatshop*	12:00 pm Rush Hour*.	11 am Yoga*	
6:30 pm Boot Camp*	10.30 am Yoga*	11:30 am Yoga*	10:30 am Yoga*			
	11:30 am Dance*		11:30 am Dance*			
<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>
7:30 am In Door Cycling	6:30 pm Boot Camp*	6:30 am In Door Cycling	6:30 pm Boot Camp*	6:00 am In Door Cycling	9:00 am In Door Cycling	9:00 am In Door Cycling
8:30 am In Door Cycling	8:30 am Endurance Cycling	8:30 am In Door Cycling	8:30am In Door Cycling	8:30 am In Door Cycling	10:00 am In Door Cycling	
6:30 pm Kickboxing	9:30 am In Door Cycling	6:30 pm Kickboxing	9:30 am In Door Cycling	9:30 am Sculpting Class	11:00 am Sculpting Class	
<u>CASCATA POOL</u>	6:30 pm In Door Cycling	<u>CASCATA POOL</u>	6:30 pm In Door Cycling	<u>CASCATA POOL</u>	<u>CASCATA POOL</u>	
10.00 am Water Aerobics*	<u>WEIGHT ROOM</u>	10:30 am Water Aerobics*	<u>WEIGHT ROOM</u>	<u>WEIGHT ROOM</u>	10.00 am Water Aerobics*	
	11:30 am Strength&Condition*		11:30 am Strength&Condition*	11:30 am Strength&Condition*		

### PERSONAL TRAINING

\$150 for 1 Session  
\$625 for 5 Sessions  
\$1,000 for 10 Sessions  
\$1,700 for 20 Sessions

### GROUP/PRIVATE CLASSES

2 in 1 Session \$85/person  
For Private Group Classes please contact the Spa desk

### FITNESS CLASS PRICING

1 Class - \$25

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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### 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

From battle ropes and box jumps to dumbbell and kettlebells. Get your cardio and strength training in a fun and exciting total body workout. Warm up, workout, cooldown and stretch all in one structured.

### H.I.I.T TRAMPOLINE

High intensity interval training raises metabolism up to 24 hours after the workout, while improving heart rate and burning fat efficiently. This unique type of HIIT training on a trampoline will boost fitness goals while delivering an enjoyable experience.

### 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!

### BOOTCAMP

Enhance your endurance, strength coordination and balance for improved fat loss.

Sundays – Heart Rate Training 50%-92% all terrain ride based on 5 Heart Rate Zones.

### STRENGTH & CONDITIONING

Our instructors will take you through basic movement patterns to determine inefficiencies in your strength patterns then “challenge” those patterns.

### 30/30 FULL BODY WORKOUT

The ultimate full body workout that focuses on 30 minute of upper body and 30 minutes on lower body.

### SCULPTING CLASS

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

### SWEATSHOP

Sweatshop covers every single body part with the latest music and the most simple but challenging moves!

### RUSH HOUR

Bootcamp Stations-20-30 minute interval training through various stations.

### 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.

### DANCE

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