

# FITNESS SCHEDULE

## MONDAY

**7:00 AM**

Group X Studio: HIIT

**7:30 AM**

Cycling Studio: Indoor Cycling

**8:15 AM**

Group X Studio: Evolve Fit\*

**8:30 AM**

Cycling Studio: Indoor Cycling

**9:30 AM**

Cycling Studio: Sweatshop

**10:00 AM**

Cascata Pool: Water Aerobics\*

**10:30 AM**

Group X Studio: Yoga\*

**6:30 PM**

Group X Studio: Boot Camp\*  
Cycling Studio: Kickboxing

## TUESDAY

**6:00 AM**

Group X Studio: 30/30 Full Body\*

**7:00 AM**

Group X Studio: HIIT

**8:15 AM**

Group X Studio: HIIT Trampoline

**8:30 AM**

Cycling Studio: Endurance Cycling

**9:30 AM**

Cycling Studio: Indoor Cycling  
Group X Studio: Sweatshop\*

**10:30 AM**

Group X Studio: Yoga\*

**11:30 AM**

Group X Studio: Dance\*  
Fitness Floor: Strength  
and Conditioning\*

**6:30 PM**

Cycling Studio: Indoor Cycling  
Group X Studio: Boot Camp\*

## WEDNESDAY

**6:00 AM**

Cycling Studio: Indoor Cycling

**7:00 AM**

Group X Studio: HIIT

**8:15 AM**

Group X Studio: 30/30 Full Body\*

**8:30 AM**

Cycling Studio: Indoor Cycling

**9:30 AM**

Group X Studio: Sweatshop\*

**10:30 AM**

Group X Studio: Dance\*  
Cascata Pool: Water Aerobics\*

**11:30 AM**

Group X Studio: Yoga\*

**6:30 PM**

Cycling Studio: Kickboxing  
Group X Studio: Boot Camp\*

## THURSDAY

**6:00 AM**

Group X Studio: 30/30 Full Body\*

**7:00 AM**

Group X Studio: HIIT

**8:15 AM**

Group X Studio: HIIT Trampoline

**8:30 AM**

Cycling Studio: Indoor Cycling

**9:30 AM**

Cycling Studio: Indoor Cycling/  
Group X Studio: Sweatshop

**10:30 AM**

Group X Studio: Yoga\*

**11:30 AM**

Group X Studio: Dance\*  
Fitness Floor: Strength  
and Conditioning\*

**6:30 PM**

Cycling Studio: Indoor Cycling  
Group X Studio: Boot Camp\*

## FRIDAY

**6:00 AM**

Cycling Studio: Indoor Cycling

**7:00 AM**

Group X Studio: HIIT

**8:15 AM**

Group X Studio: 30/30 Full Body\*

**8:30 AM**

Cycling Studio: Indoor Cycling

**9:30 AM**

Cycling Studio: Sculpting  
Group X Studio: Dance\*

**10:30 AM**

Cascata Pool: Water Aerobics\*

**11:30 AM**

Fitness Floor: Strength  
and Conditioning\*

## SATURDAY

**8:00 AM**

Group X Studio: Boot Camp\*

**8:30 AM**

Cycling Studio: Indoor Cycling  
Group X Studio: HIIT Trampoline

**10:00 AM**

Cycling Studio: Indoor Cycling  
Cycling Studio: Sweatshop\*  
Cascata Pool: Water Aerobics\*

**11:00 AM**

Cycling Studio: Sculpting  
Group X Studio: Yoga\*

## SUNDAY

**8:30 AM**

Group X Studio: 30/30 Full Body\*

**9:00 AM**

Cycling Studio: Indoor Cycling

**9:30 AM**

Group X Studio: Boot Camp\*

**10:30 AM**

Group X Studio: Circuit Training\*

## 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.

## 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.

## 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.

## WATER

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!

## SWEATSHOP

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

## INDOOR CYCLING

High and Low Intensity, Heart Rate Specific, Non-Impact, Cardiovascular training. Your Heart... The only muscle that never rests... Condition it!

## HIIT

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.

## STRENGTH AND CONDITIONING

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

## TOTAL CORE

Everything abdominals. Tired of crunches? Get a new view on how to work those abdominals from the inside out.

## EVOLVE FIT

Tone, sculpt and strengthen your muscles with this challenging workout. The instructor will guide you through a full body workout utilizing dumbbells and resistance bands.

## BOOTCAMP

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

## 30/30

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