



Fitness & Yoga Schedule

MARCH 2025

TIME	MON	TUE	WED	THU	FRI	SAT	SUN
9AM	Functional Training w/Miguel (Functional Studio)		Functional Training w/Miguel (Functional Studio)		Functional Training w/Miguel (Functional Studio)	Stretch & Core w/Shadi (Movement Studio)	
	Mindful Yoga w/Gyanpriya (Yoga Terrace)		Mindful Yoga w/Gyanpriya (Yoga Terrace)				
10AM	Vinyasa Yoga w/Gail (Yoga Studio)	Yin Yoga w/Gail (Yoga Studio)	Vinyasa Yoga w/Gail (Yoga Studio)	Yin Yoga w/Gail (Yoga Studio)	Yoga Sculpt w/ Gail (Yoga Studio)	Hatha Yoga w/Shadi (Yoga Studio)	Restorative Yoga w/Shadi (Yoga Studio)
10:30AM			Spin Class w/Sam (Cycle Studio)				
11AM		Functional Training w/Miguel (Functional Studio)		Functional Training w/Miguel (Functional Studio)			Stretch & Core w/Shadi (Movement Studio)
4PM	Harmony Hour (Hotel Lobby)	Harmony Hour (Hotel Lobby)	Harmony Hour (Hotel Lobby)	Harmony Hour (Hotel Lobby)	Harmony Hour (Hotel Lobby)	Harmony Hour (Hotel Lobby)	Harmony Hour (Hotel Lobby)
5PM	Soundbath Meditation w/Linnea (Movement Studio)		Soundbath Meditation w/Karen (Movement Studio)	Dancing Class w/Benisa (Movement Studio)			Soundbath Meditation w/Linnea (Movement Studio)

MONTHLY EVENTS

Full Moon Yoga - w/Shadi (On the Beach)
Thursday March 13TH @ 6:30PM

***Spin & Brunch - w/Sam (Oceanview Terrace L3)**
Saturdays: March 1ST, 15TH, AND 29TH @ 10:00AM

***Floating Sound Bath - w/Karen (Aayush)**
Thursday March 27TH @ 8:00PM

Meditation Workshop - w/Gyanpriya (Wellness Library L4)
Wednesday, March 5TH, & March 19TH @ 4:00PM

All classes are 45-60 minutes unless otherwise indicated. Class locations are subject to change without notice due to inclement weather.

*This is a paid event. Call or visit spa reception to reserve your spot.



Class Descriptions

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Dancing Class Inspired by the Sanskrit word “Sangitaratnakara,” which means ocean of music and dance, this class follows mindfulness movement choreography that makes waves and flows to upbeat, energizing and serene sounds of contemporary artists.

Functional Training Using movements to help you with your daily life and activities, this workout is high energy, efficient and fun! Combining elements of cardio with strength training, you will use TRX suspension training, kettlebells, battle ropes, rowers and more.

Harmony Hour Our version of Happy Hour! Meet at LALA in the lobby lounge from 4-6pm to enjoy adaptogenic elixirs (non-alcoholic) specifically made to enhance your overall mood and well-being. A limited menu of specials will be offered during this time.

Hatha Yoga The most traditional of yoga practices, Hatha combines physical postures (Asanas) with breathwork (Pranayama) to balance sun (ha) and moon (tha) energies.

Meditation Workshop Experience meditation through the lens of yoga psychology and neuroscience. Brief insights are followed by guided practice, discussion and Q&A

Mindful Yoga Welcome the day with yoga to awaken the body and balance the mind. This class may be held on the yoga terrace.

Restorative Yoga Restorative yoga is a style of yoga that encourages physical, mental, and emotional relaxation. Appropriate for all levels, restorative yoga is practiced at a slow pace, focusing on long holds, stillness.

Stretch & Core This class will incorporate a variety of stretching techniques including foam rolling, static & dynamic stretches, yoga, Pilates and more. You will leave feeling longer and stronger!

Soundbath Meditation An immersive experience with crystal singing bowls and gong, incorporating breathwork and guided meditation to attain a deeper state of relaxation and wellness.

Spin Cycle Indoor Cycle is a great way to get an intense cardio workout with no-impact. Ride along to great music as you tackle hills, sprints, and flat roads as you adjust your own resistance and speed. Suitable for all levels of exercise enthusiasts!

Vinyasa Yoga An energizing yoga flow that unites breath & movement. Suitable for all levels.

Yin Yoga Targets your deep connective tissues. It's slower and more meditative practice, giving you space to turn inward and tune into both your mind and the physical sensations of your body. Because you're holding poses for a longer period of time than you would in other traditional types of yoga, yin yoga helps you stretch and lengthen those rarely-used tissues while you connect with your breath.

Yoga Sculpt Incorporates strength, cardio and high-intensity training with yoga to increase your heart rate, improve flexibility, mobility, and range of motion.

