



Fitness & Yoga Schedule

DECEMBER 2024

TIME	MON	TUE	WED	THU	FRI	SAT	SUN
8AM					Morning Meditation w/Gail (Yoga Studio)		
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)	
10AM	Yin Yoga w/Gail (Yoga Studio)	Vinyasa Yoga w/Gail (Yoga Studio)	Yin Yoga w/Gail (Yoga Studio)	Vinyasa Yoga w/Gail (Yoga Studio)	Power Yoga w/ Gail (Yoga Studio)	Hatha Yoga w/Shadi (Yoga Studio)	Restorative Yoga w/Shadi (Yoga 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	Yoga of Harmony w/Gyanpriya (Yoga Studio)	Functional Yoga w/Gyanpriya (Yoga Studio)	Soundbath Meditation w/Karen (Meditation Studio)	Breathe, Relax Meditate w/Gyanpriya (Yoga Studio)			Soundbath Meditation w/Karen (Meditation Studio)
5:30PM							Full Moon Yoga* w/Shadi (On the Beach) *A once a month event, scheduled for December 15

*Class locations subject to change due to weather conditions. All Classes are 45-60 minutes unless otherwise indicated.



Class Descriptions

DECEMBER 2024

Breathe, Relax, and Meditate Deeply relaxing and soothing, this class includes yin-style stretching, gentle breath work and Yoga Nidra

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.

Functional Yoga You will be supported to build spinal health, core strength, and whole body mobility working with body, mind and breath.

Harmony Hour An opportunity to meet staff members and learn about our wellness offerings. Light bites and healthy refreshments will be served.

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

Morning Meditation Clear your mind and feel centered with this calming guided meditation.

Power Yoga Energizing, advanced level flow, focusing on strength, alignment, and body awareness.

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!

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 of Harmony This class is a mindful practice of yoga postures that subtly build mental flexibility and emotional balance. It concludes with relaxation and breathing practices.

