

RELAX
REJUVENATE
REFRESH



YOGA CLASSES

CLASS SCHEDULE

Classes are offered daily on the 4th Floor Pool Deck at 7 & 8:15 am, weather permitting

COST PER CLASS

Free for hotel guests

\$6 for non-hotel guests

Class costs can be applied towards any Spa treatment booked for the same day

CLASS DESCRIPTIONS

Slow Flow Yoga Gentle Relaxing Stretching for peace and serenity

Yoga Fit Bodies Poses focus on strengthening and toning. Promotes cardiovascular fitness

Hatha Yoga Standard traditional mixed level yoga class

Mat Pilates Mat workout designed for core strengthening and training

Piloga Combination of Hatha Yoga and Mat Pilates
Please call the Spa for our weekly class schedule

CLASS OCCUPANCY

Class space limited to 10
Reservations recommended

CLASS REQUIREMENTS:

Appropriate fitness apparel.

Not recommended for guests who are pre/post natal or those whose movement/mobility is limited.

**Ask about our membership programs which includes FREE Yoga and Pilates classes*



OPEN DAILY
9 am to 9 pm