

# The Spa Fitness Class Schedule

SUN	MON	TUE	WED	THU	FRI	SAT
	<b>AQUA HITT</b> 7:00am At The Spa Lap Pool	<b>WATER FITNESS</b> 7:00am At The Spa Lap Pool		<b>WATER FITNESS</b> 7:00am At The Spa Lap Pool	<b>ZUMBA</b> 7:00am At The Spa	
	<b>HATHA FLOW YOGA</b> 8:15am At The Spa	<b>ADVANCED AQUA FIT</b> 8:00am At The Spa Lap Pool	<b>SLOW FLOW YOGA</b> 8:15am - 9:00 am At The Spa	<b>ADVANCED AQUA FIT</b> 8:00am At The Spa Lap Pool	<b>HATHA FLOW YOGA</b> 8:15am At The Spa	<b>ZUMBA</b> 8:00am At The Spa
	<b>YOGA SCULPT</b> 9:30am At The Spa	<b>CORE FIT</b> 9:00am At The Spa	<b>YOGA SCULPT</b> 9:30am - 10:15am At The Spa	<b>RPM SPIN</b> 9:30am At The Spa	<b>RESTORATIVE YOGA &amp; MEDITATION</b> 9:30am At The Spa	<b>RPM SPIN</b> 9:30am At The Spa
		<b>PILATES REFORMER RESTORE &amp; RENEW</b> 11:00am At The Spa		<b>PILATES REFORMER RESTORE &amp; RENEW</b> 11:00am At The Spa		
		<b>PILATES REFORMER CORE FLOW</b> 12:00 pm At The Spa		<b>PILATES REFORMER CORE FLOW</b> 12:00 pm At The Spa		
		<b>UPPER BODY STRENGTH</b> 3:30pm At The Spa	<b>TRX   STRENGTH &amp; CORE</b> 3:30pm At The Spa	<b>LOWER BODY STRENGTH</b> 3:30pm At The Spa		



FACILITY OPEN DAILY 6 AM – 7 PM | LAP SWIM OPEN DAILY 7 AM – 5:30 PM  
 WEEKLY FITNESS CLASSES | \$20 RESORT GUEST (UNLESS OTHERWISE NOTED)  
 RESERVATIONS REQUIRED | 541-593-7891 OR SCAN QR CODE

