



MAY FITNESS SCHEDULE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	9:30AM-10:30AM BARRE FITNESS FUSION <i>Heather</i> Group Fitness Studio	9:30 AM -10:30 AM CORE & MORE MAT FITNESS FUSION <i>Heather</i> Group Fitness Studio	9:30 AM -10:30 AM CIRCUIT TRAINING <i>Heather</i> Group Fitness Studio	9:30 AM -10:30 AM BOSU BALL & BURN <i>Heather</i> Group Fitness Studio	9:30 AM -10:30 AM RESTORE & REJUVENATE <i>Heather</i> Yoga Studio	
	12:00-1:00PM FITNESS FLOW <i>Heather</i> Yoga Studio	12:00-1:00PM MOBILITY MOVEMENT <i>Heather</i> Yoga Studio	12:00-1:00PM WALL STRETCHING & RESTORATION <i>Heather</i> Yoga Studio	12:00-1:00PM VINYASA FLOW YOGA <i>Isabella</i> Yoga Studio	12:00-1:00PM ROLL & RELEASE <i>Heather</i> Yoga Studio	

May 12-31

Please make note that the Spa and Fitness Facilities will be closed May 5th-11th.

Please arrive to class 5 minutes early in order to secure your spot and gather your gear. Don't forget a full water bottle!

MAY FITNESS SCHEDULE: CLASS DESCRIPTIONS



Barre Fitness Fusion with Heather: *low impact, but still brings the intensity fusing barre and fitness moves all together with core and stretching*

Core & More Mat Fitness Fusion with Heather: *blend of mat exercises to engage the full body, core, improve flexibility, stability, joints, and more*

Circuit Training with Heather: *start with a dynamic warm up, then move through full body circuits using gym equipment, and a long cool down*

Mobility Movement with Heather: *casual, easy going movement, stretching and working mobility from your head to your hips to release tension and let go*

Bosu Burn with Heather: *On a bosu ball, you will get a workout using mobility, balance, stability, and strength simultaneously, ending with full body stretches.*

Vinyasa Yoga Flow with Isabella: *a flow of connecting your body and breath through active sequences building your physical and mental strength*

Restore & Rejuvenate with Heather: *a very calming environment of restoration for the mind and body both, long stretching and breathing*

Fitness Flow with Heather: *a yoga-inspired full body flow of movements and series to open up your body, stretch and breathe.*

Roll & Release with Heather: *roll and restore your body, mind, muscle, and myofascial release along with mobility, balance, stability, and stretches*

Wall Stretching & Restoration: *using the wall as your support system, experience shoulder openers, hip openers, and many variations of restorative stretching*
