



THE RITZ-CARLTON SPA

FITNESS SCHEDULE

June 1st – June 29th, 2024

Classes are complimentary and are suitable for all levels & abilities. Please inform the Instructor if you have any health concerns or if you are pregnant. Guests must be 16 years of age or older to use the fitness center and/or to attend group exercise classes.

**Meet at the Fitness Studio a few minutes before the beginning of the session.*

	MON	TUES	WED	THUR	FRI	SAT
8:00am-8:45am	-	SALSA LESSON (Beginners)		BOOT CAMP (Outdoor- Great Lawn)	-	-
9:00am-9:45am	HATHA YOGA	MAT PILATES & CORE		HATHA YOGA	MAT PILATES & CORE	HATHA YOGA
10:00am-10:45am	No Class	GLUTE CAMP		CARDIO + ABS (30 Min)	POWER 45	GLUTE CAMP
11:00am-11:45am	POWER 45 (June 17 th , 2024 - ONLY)					

CLASS DESCRIPTIONS:

HATHA YOGA: Traditional yoga postures and breathing techniques that will promote relaxation and inner peace, enhance your strength, balance and flexibility.

CARDIO + ABS: Burn fat fast with this high intensity and explosive cardio training which will increase your cardio respiratory efficiency, core stability and performance.

MAT PILATES & CORE: Dynamic flowing mat Pilates fused with some traditional core exercises to get a solid power house.

POWER 45: Energetic work out that includes cardio, weight training and core strength; all in one session.

SALSA LESSON: Give yourself a Glow! Join our Salsa dancing lesson that will give the cardio that your heart needs, improve circulation, coordination and flexibility.

GLUTE CAMP: A unique blend of body weight resistance and strength training exercises focused on building strength and definition on your lower body.

BOOT CAMP: Get ready to burn serious calories with this military inspired full body work out. Built on three fundamentals of training: cardio, strength and mobility.

PRIVATE SESSIONS & NUTRITION APPOINTMENTS ARE AVAILABLE UPON REQUEST PLEASE CONTACT THE SPA (Ext. 6900)