

GROUP EXERCISE SCHEDULE

OCEAN SPA & FITNESS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:30 AM SPINNING Gigi	6:30 AM CARDIO KICKBOXING Manny Bujold	6:30 AM SPINNING Rob	6:30 AM CARDIO KICKBOXING Manny Bujold	6:30 AM SPINNING Gigi/Lisa	8:15 AM SPINNING Staff	
9:15 AM WATER AEROBICS Lisa	8:00 AM YOGA FLOW Jennifer	9:15 AM WATER AEROBICS Sarah	8:00 AM YOGA FLOW Jennifer	9:15 AM WATER AEROBICS Gigi	9:30 AM NIA Beck	
10:30 AM YOGA-75 MIN Sarah	11:30 PM PILATES FUSION Tina	11:00 AM CARDIO SCULPT Jessica	11:30 AM PILATES FUSION Tina	10:00 AM YANG YOGA 75 MIN Doris	10:45 AM PILATES FUSION Tina	10:30 AM YOGA-75 MIN Mona
4:30 PM CORE CONDITIONING ABS/BACK Rob	5:00 PM PILATES FUSION Tina	5:30 PM CORE CONDITIONING ABS/BACK Lisa	5:00 PM PILATES FUSION Tina			
5:30 PM TOTAL BODY TONE Gigi	6:00 PM SPINNING Gigi	6:30 PM CARDIO BURLESQUE Dolphina	6:00 PM SPINNING Lisa	5:30 PM RESTORATIVE YOGA David		5:00 PM NIA Beck
6:45 PM YOGA-75 MIN All Levels Sarah	7:15 PM YOGA-75 MIN All Levels Lisa G	7:30 PM BOLLYWOOD Nisha	7:15 PM YIN YOGA 75 MIN Doris P.	6:45 PM BELLY DANCING Dolphina		

***All classes are 60 min unless time is noted*

PRIVATE INSTRUCTION : All our classes are available for individual or group private instruction. please inquire at the spa desk.
 loews hotel guests: \$10 daily fee includes fitness area, group classes, and use of sauna/steam ocean spa & fitness daily passes: \$25

GROUP CLASS DESCRIPTIONS

OCEAN SPA & FITNESS

SPINNING a non-impact workout and is performed on specialized bikes with adjustable resistance. This workout is an individually paced, non-competitive, group training system designed for all riders and fitness levels. Its all done in a high-energy, group environment that integrates music, camaraderie and visualization.

PILATES FUSION a challenging workout consisting of floor exercises based on the teaching of Joseph Pilates. This class will strengthen the muscle groups of the abdominal area as well as the legs and buttocks.

BELLY DANCING an introduction to the basics of belly dance. Improve your coordination and flexibility while you learn undulations, figure eights, and shimmies. Dare to shake your chakras while empowering your feminine spirit!

WATER AEROBICS jump in the pool with us for a workout devoted to improve your cardiovascular fitness and tone all of your muscle groups. Excellent workout for anyone; especially those with joint discomfort or orthopedic difficulties.

CARDIO KICKBOXING a medium-to-high energy class combining a mixture of kickboxing and aerobics with fun, upbeat music. Punching and kicking combinations as well as strength and flexibility training is used for a balanced-body workout.

BOLLYWOOD inspired by the Indian film tradition of infectiously expressive music and dance comes a saucy, calorie-burning, full-body workout. All fitness levels learn traditional moves that will tone you head to toe while unleashing waves of energy and joy.

CARDIO SCULPT an energetic, fun, multi-mode, total-body workout, maximize your time with this practical and functional workout routine.

**Please join us. Classes included in all memberships.
As a hotel guest, you are welcome to attend.
\$10 for hotel quests. \$20 for a visiting quest.**

YOGA energize your mind, body, and soul

All levels welcome. This class provides a safe environment for beginners to learn basic postures, through more advanced students.

YOGA FLOW presents constantly progressing series of poses, one flowing into the next, integrating breath, movement, tension, and relaxation. It also introduces more challenging poses and variations for students who are comfortable with Power styles.

YANG YOGA provides enormous benefits for physical and emotional health, especially for those living a sedentary modern lifestyle.

RESTORATIVE YOGA focuses on relaxing the body in restful postures. Rest provides the body an opportunity to renew and heal.

YIN YOGA this class puts greater emphasis on lower body flexibility; it stretches and rehabilitates the connective tissue of the hips, pelvic and lower spine.

CORE CONDITIONING an excellent strengthening class for improving balance, posture and toning. The class will provide overall strengthening with emphasis on the abdominal and low back muscles.

CARDIO BURLESQUE be a touch naughty but totally acceptable with this playful liberating and glamorous class.

NIA a fun, empowering, body-mind-spirit fitness program. A dance movement class that supports the pleasure principle. If it feels good, keep doing it, if it hurts, stop! Nia is done barefoot to lively music and offers a cardiovascular and whole-body workout. Feel like a kid again!

TOTAL BODY TONE a fun resistance training class strengthening all the major muscle groups using free weights, dynabads, and your body weight!

