

# GROUP EXERCISE SCHEDULE

OCEAN SPA & FITNESS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:30 AM <b>SPINNING</b> Gigi	6:30 AM <b>POWER SCULPT</b> Manny	6:30 AM <b>SPINNING</b> Rob	6:30 AM <b>POWER SCULPT</b> Manny	6:30 AM <b>SPINNING</b> Gigi	8:15 AM <b>SPINNING</b> SOH Staff	8:15 AM <b>SPINNING</b> Staff
8:15 AM <b>WATER AEROBICS</b> Christina	8:00 AM <b>YOGA FLOW</b> Mona	9:15 AM <b>WATER AEROBICS</b> Rob	8:00 AM <b>YOGA FLOW</b> Mona	8:15 AM <b>WATER AEROBICS</b> Gigi	9:30 AM <b>NIA DANCE</b> Beck	9:30AM <b>HOOLA-HOOP HOOPNOTICA</b> Jackie
	11:00 AM <b>PILATES FUSION</b> Emma			9:30AM <b>HOOLA-HOOP HOOPNOTICA</b> Jackie	10:45 AM <b>PILATES FUSION</b> Emma	10:30 AM <b>YOGA 75 MIN</b> Mona
4:30 PM <b>CORE CONDITIONING ABS/BACK</b> Rob	5:00 PM <b>PILATES FUSION</b> Marni		5:00 PM <b>PILATES FUSION</b> Marni		4:00 PM <b>CARDIO SCULPT</b> Jeannette	4:00 PM <b>STRENGTH &amp; STRETCH</b> Jeanette
5:30 PM <b>TOTAL BODY TONE</b> Gigi	6:10 PM <b>SPINNING</b> Gigi	5:30 PM <b>CORE CONDITIONING ABS/BACK</b> Christina	6:10 PM <b>SPINNING</b> Lisa	5:30 – 6:45 PM <b>RESTORATIVE YOGA</b> David	5:15 PM <b>BOOTCAMP</b> Jeannette	5:15 PM <b>ZUMBA</b> Jeannette
6:45 - 8 PM <b>YOGA</b> All Levels Sarah	7:15 – 8:30 PM <b>YOGA</b> All Levels Ryan	6:45 – 8 PM <b>YOGA</b> All levels Sarah	7:15 – 8:30 PM <b>YIN YOGA</b> Doris	6:45 – 8 PM <b>YOGA</b> Level 2 David		

*\*\*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 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. It's 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.

**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.

**POWER SCULPT** 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.

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

**HOOLA-HOOP** a high cardio fitness program that it is taking the world by storm. A fun, non-impact, fat-burning workout that strengthens your core, and calms your mind.

**BOOTCAMP** incorporate elements of conditioning, strength and endurance exercises within them whilst making sure that the pace you work at is ideal for conditioning your cardiovascular system.

**STRENGTH AND STRETCH** tones and sculpts the hips and thighs while working the core and back muscles. Looking for a class reduce stress, improve posture, strengthen muscles, come and join us.

**YOGA** energizes 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 a 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.

**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** is 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.

**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!

