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SPA & WELLNESS COLLECTIVE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
AEROBIC STUDIO <hr/> 7am HIIT 8:15am HIIT 9:30am Total Body Workout 10:30am Yoga 4pm Circuit Training 5pm Tabata Twist <u>ROOF TOP</u> 7am TRX Bootcamp	AEROBIC STUDIO <hr/> 7am Core Fit 8:15am HIIT 9:30am Barre 10:30am Yoga 4pm 20/20/20	AEROBIC STUDIO <hr/> 7am HIIT 8:15am HIIT 9:30am Total Body Workout 10:30am Zumba 11:30am Yoga 4pm Circuit Training 5pm Tabata Twist <u>ROOF TOP</u> 7am TRX Bootcamp	AEROBIC STUDIO <hr/> 8:15am HIIT 9:30am Barre 10:30am Yoga 11:30am Zumba 4pm 20/20/20 6pm Yoga	AEROBIC STUDIO <hr/> 7am HIIT 8:15am HIIT 9:30am Tabata 10:30am Zumba 11:30am Yoga 4pm Circuit Training	AEROBIC STUDIO <hr/> 7am Yoga 9:15 HIIT 10:30am Yoga 11:30am Zumba	AEROBIC STUDIO <hr/> 11:30am Yoga
CYCLING STUDIO <hr/> 6:00am Cycling & Strength 8:30am High Intensity Cycling 6 pm All Terrain Cycling	CYCLING STUDIO <hr/> 6:00am All Terrain Cycling 8:30am Endurance 10:00am All Terrain Cycling	CYCLING STUDIO <hr/> 6:00am Cycling & Strength 8:30am All Terrain Cycling 6:00 pm All Terrain Cycling <u>LAGUNA POOL</u> 10:30am Water Aerobics	CYCLING STUDIO <hr/> 6:00am All Terrain Cycling 8:30am Strength Cycling 10:00am All Terrain Cycling	CYCLING STUDIO <hr/> 6:00am Cycling & Strength 7:15 All Terrain Cycling 8:30am Recovery Cycling 9:30am Cycling & Strength <u>LAGUNA POOL</u> 10:00am Water Aerobics	CYCLING STUDIO <hr/> 8:30am Race Day Cycling 10:00am All Terrain Cycling	CYCLING STUDIO <hr/> 9:00am All Terrain Cycling

PERSONAL TRAINING/PILATES
\$120 for 1 Session
\$230 for 2 Sessions
\$450 for 6 Sessions
\$700 for 10 Sessions

GROUP/PRIVATE CLASSES
2 on 1 Session \$85/person
3 on 1 Session \$75/person
4 on 1 Session \$65/person
5 on 1 Session \$55/person

FITNESS CLASS PRICING
1 Class - \$25
2 Classes - \$45
4 Classes - \$75
6 Classes - \$100

DO'S & DON'TS

- Minimum of 2 participants per class
- Please note that Cell Phones and Tablets are not permitted
- Please advise your instructor of any limitations/Injuries
- Please bring towels & water to all classes
- Proper Fitness attire & athletic shoes are required for any and all activities in the Fitness Center
- As a courtesy to the Instructor & other Guests once the class starts no guests will be permitted to enter.
- The Fitness Center is located on the 3rd Floor of the Resorts Spa

*Registration is required for all classes, as classes have limited space. Classes are subject to change.
Please visit the Spa Reception Desk. Fitness Schedule – Updated March 2017.*

BARRE

A fun and energetic workout that fuses fitness techniques from dance, Pilates, and yoga. It will tone and define the whole body.

CYCLE & STRENGTH

This intensive class will shape you up beginning with a 30 minute cycle then in the 2nd part of this class you will tone by using various equipment and your own body weight.

H.I.I.T.

An enhanced form of interval training, an exercise strategy alternating periods of short intense anaerobic exercise with less-intense recovery periods. H.I.I.T. is a form of cardiovascular exercise.

INDOOR CYCLING

- High and Low Intensity, Heart Rate Specific, Non-Impact, Cardiovascular training. Your Heart... The only muscle that never rests... Condition it!
 - Mondays Heart Rate Training 92% High Intensity or 145min Intervals.
 - Tuesdays Heart Rate Training 65% or 75% Endurance Based Training, No hills.
 - Wednesdays Heart Rate Training 50%-92%. Five Heart Rate Zones. All terrain.
 - Thursdays Heart Rate Training 75%-85% Strength Based Training. All up hill.
 - Fridays Heart Rate Training 50%-75% Recovery Based Training. Soothing and Relaxing.
- Saturdays Come take the Saturday challenge! See how your heart rate conditioning is paying off. An all out effort ride, Turnberry's toughest class!
 - Sundays Heart Rate Training 50%-92% All terrain ride based on Five Heart Rate Zones.

TOTAL BODY WORKOUT

A series of timed or counted exercises with a short transition time in between each exercise to keep your heart rate up. Focusing on the entire body.

TRUE BALANCE

Kickboxing, Stretching and Core Work. A Full Body and Mind workout.

WATER AEROBICS

This is a low-impact activity that takes the pressure off your bones, joints and muscles. Water offers natural resistance, which helps strengthen your muscles.

Workout with low impact, fun aerobic routines while staying cool.

YOGA

This class is geared more to beginners and is based on the ancient Indian form of movement that promotes balance, flexibility, strengthen and relaxation

Through various postures and breathing techniques.

ZEN CORE

Stretching, Pilates Mat, and Tai Chi.

ZUMBA

Combines Latin and International music with a fun and effective workout system. Join the party!