

# âme

SPA & WELLNESS COLLECTIVE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MOVEMENT STUDIO	MOVEMENT STUDIO	MOVEMENT STUDIO	MOVEMENT STUDIO	MOVEMENT STUDIO	MOVEMENT STUDIO	MOVEMENT STUDIO
	6:00 A.M. Beginner Pilates					
8:30 A.M. Advance Pilates	8:30 A.M. Pilates	8:30 A.M. Advance Pilates	9:00 A.M. Pilates	8:30 A.M. Advance Pilates	10:00 A.M. Advance Pilates	
10:30 A.M. Advanced Pilates		10:30 A.M. Advanced Pilates		10:30 A.M. Advance Pilates		
	4:00 P.M. Beginners Pilates		11:30 A.M. Pilates			

## ADVANCE PILATES\*

Blending various breathing and relaxation techniques this class will strengthen the abdominal muscles, lumbar vertebrae and pelvic floor. \*For Turnberry Country Club Member's Only

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(Members must participate in 6 Pilates before attending Advance Pilates Class)

### 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 June 2017.*

âme SPA & WELLNESS COLLECTIVE AT TURNBERRY ISLE MIAMI  
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