

âme

SPA & WELLNESS COLLECTIVE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
AEROBIC STUDIO <hr/> 7am H.I.I.T 8:15am H.I.I.T 9:30am Total Body Workout 10:30am Yoga	AEROBIC STUDIO <hr/> 6am Circuit Training 7am Body Works 8:15am H.I.I.T 9:30am Strength Upper Body 10:30am Yoga	AEROBIC STUDIO <hr/> 7am H.I.I.T 8:15am H.I.I.T 9:30am Total Body Workout 11:30am Yoga	AEROBIC STUDIO <hr/> 6am Circuit Training 8:15am H.I.I.T 9:30am Barre 10:30am Yoga 11:30 Zumba	AEROBIC STUDIO <hr/> 7am H.I.I.T 8:15am H.I.I.T 10:30am Zumba 11:30am Yoga	AEROBIC STUDIO <hr/> 9:00 H.I.I.T 10:30am Yoga	AEROBIC STUDIO <hr/> 9am Yoga Sponsored by Founder's Park July 9th
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 Cycling	CYCLING STUDIO <hr/> 6:00am Cycling & Strength 8:30am All Terrain Cycling 6:00 pm All Terrain Cycling	CYCLING STUDIO <hr/> 6:00am All Terrain Cycling 8:30am Strength Cycling 9:30am Strength Lower Body	CYCLING STUDIO <hr/> 6:00am Cycling & Strength 7:15 All Terrain Cycling 8:30am Recovery Cycling 9:30am Cycling & Strength	CYCLING STUDIO <hr/> 8:30am Race Day Cycling	CYCLING STUDIO <hr/> 9:00am All Terrain Cycling
		LAGUNA POOL <hr/> 10:30am Water Aerobics				

PERSONAL TRAINING/PILATES \$120 for 1 Session \$840 for 10 Sessions <i>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 July 2017.</i>	GROUP/PRIVATE CLASSES 2 in 1 Session \$85/person 3 in 1 Session \$75/person 4 in 1 Session \$65/person 5 in 1 Session \$55/person	FITNESS CLASS PRICING 1 Class - \$25 12 Classes - \$168	DO'S & DON'TS <ul style="list-style-type: none"> • 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
---	--	--	--

BODY WORKS

Upper and lower body exercises utilizing resistance bands and body weight.

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.

STRENGTH UPPER & LOWER BODY

A fun and energetic workout that will tone and define the whole body.

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.

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.

ZUMBA

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