



FITNESS CALENDAR



TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:00 am	Rev Up Cycle	Outdoor Boot Camp	True Core	Rev Up Cycle	Outdoor Boot Camp	Outdoor Boot Camp	Circuit Training
9:00 am	Outdoor Boot Camp	Rev Up Cycle	Pure Yoga	Circuit Training	Yoga Fit	Aqua-Bata	Yoga Fit
10:00 am	Yoga Fit	Yoga Fit	Barre Fusion	Yoga Fit	Rev Up Cycle	20/20/20	Rev Up Cycle

Additional Information:

All classes on this schedule are complimentary for all resort and spa guests. Please see reverse side for class descriptions.





FITNESS CALENDAR

Class Descriptions

20/20/20

A combination of cardio, weights and core work.

AQUA-BATA

A high energy, calorie torching, aqua aerobics class featuring tabata - 20 seconds of exertion with a 10 second rest, burning approximately 10 calories per minute.

BARRE FUSION

This is a high-energy workout that fuses barre principles, pilates, strength training and yoga. Each class is a total body workout using isometric holds and isolated movements resulting in overall toning and flexibility.

CIRCUIT TRAINING

This high energy work out challenges the entire body in a circuit training format combining body weight

exercises with cardio bursts.

OUTDOOR BOOTCAMP

Enjoy an exhilarating class among the oaks. A blend of walking lunges and squats combined with upper body conditioning. Prepare to sweat!

PURE BLISS YOGA

This deep stretch yoga class is a therapeutic sequence of restorative gentle stretches combined with relaxing breathing techniques designed to restore and reinvigorate.

PURE YOGA

Flowing sequences emphasizing linking breath with movement. Realign body, mind and spirit.

REV UP CYCLE

45 minutes of heart-pumping, fat burning spin followed by 5 minutes of stretching to relieve tight muscles.



SPA MONTAGE

PALMETTO BLUFF

TRUE CORE

A dynamic, invigorating full-body workout using light weights and pilates-inspired core sequencing to sculpt legs, tone arms and strengthen core.

YOGA FIT

Experience the ancient practice of bringing body, breath and mind into balance with focus on power.

PRIVATE INSTRUCTION:

We offer any of our classes (as well as additional options) for private or group instruction. Private sessions start at \$135. Please ask a wellness trainer or guest reception agent to make a reservation.