

# SPRING 2016

## BEACH FITNESS + YOGA CLASS SCHEDULE

\$35 PER CLASS. A 20% SERVICE CHARGE WILL BE ADDED UPON CHECKOUT.

FRIDAY	SATURDAY	SUNDAY
POWER YOGA 9:30 - 10:30	BEACH CROSS BOOTCAMP 8:30-9:30 AM  VINYASA YOGA 9:30 - 10:30	YOGA FLOW 9:30 - 10:30

### **ALL CLASSES ARE 60 MIN.**

*BEACH CROSS BOOTCAMP* - A blend of interval training and core conditioning with a yoga finish. All Levels

*POWER YOGA* - A Power fitness based yoga, test your strength and endurance while being challenged with every pose. All Levels

*YOGA FLOW* - A beginner/intermediate yoga focuses on body alignment, pranayama (breath control) and flexibility. All Levels

## PRIVATE/PERSONAL TRAINING

**10 SESSIONS** - PERSONAL TRAINING or BEACH TRAINING

**10 SESSIONS** - PRIVATE YOGA or PILATES

**5 SESSIONS** - PERSONAL TRAINING or BEACH TRAINING

**5 SESSIONS** - PRIVATE YOGA OR PILATES

**\*\*ST REGIS RESIDENTS CONTACT US FOR INFORMATION ON IN-RESIDENT RATES**