

WINTER 2016

BEACH FITNESS + YOGA CLASS SCHEDULE

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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
NO CLASSES PERSONAL TRAINING AVAILABLE	BEACH CROSS BOOTCAMP 8:00-9:00 AM YOGA FLOW 9:30 - 10:30	CARDIO CORE SCULPT 8:00-9:00 AM	BEACH CROSS BOOTCAMP 8:00-9:00 AM YOGA FLOW 9:30 - 10:30	BODY BLAST 8:00-9:00 AM	BEACH CROSS BOOTCAMP 8:00-9:00 AM POWER YOGA 9:30 - 10:30	BEACH CROSS BOOTCAMP 8:30-9:30 AM AEROGA 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

AEROGA FLOW - Rock out to celebrity trainer Tracie Wright Vlaun's own Cardio Fitness Yoga. 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

CARDIO CORE SCULPT - Sculpt the body while you increase core strength, flexibility, & agility. All elements are combined to create a total body experience with some mat work. All Levels

BODY BLAST - An energizing workout that is a fusion of low to high impact aerobic conditioning, bodyweight exercises focused on toning and strengthening the total body. All Levels

PERSONAL TRAINING

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***

FITNESS/YOGA CLASS PACKAGE

10 CLASSES - VALID 1 YEAR

MONTHLY UNLIMITED - 30 DAYS UNLIMITED FITNESS AND YOGA

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V ART OF WELLNESS 9703 COLLINS AVE BAL HARBOUR, FL 33154
786.423.7590 / V-ARTOFWELLNESS.COM / CONTACT@V-ARTOFWELLNESS.COM