



Saybrook Point Inn February Fitness Schedule

| | Mon | Tue | Wed | Thu | Fri | Sat | Sun |
|--|---|---|---|--|--|--|---|
| | Yoga 8:30am Jo Ann | 6:00am Indoor Spin Rachel | 9:00am Aqua Works Betsy | 6:00am Indoor Spin Rachel | 8:00am Tai chi Kevin | 7:00am Indoor Spin Marie | |
| | 9:00am Aqua Works Betsy | 9:00am Zumba Jackie | 9:00am Shape & Sculpt Donna | 9:00am PIYO Rachel | 9:00am Aqua Works Betsy | 8:00am Indoor Spin Lynn | |
| | 10:00am Shape & Sculpt Rachel | 10:00am Joint Mobility/Roller Chris | 5:30pm Aqua Works Susan | 10:00am Yoga Emrys | 9:30am Indoor Spin Chris | 9:00am Yoga Cindy | |
| | 5:30pm Aqua Works Susan | 11:30am Aqua Therapy Betsy | 6:00pm Indoor Spin Chris | 11:30am Aqua Therapy Betsy | 10:30am Yoga Daya | | |
| | 6:30pm Yoga Jen | 6:00pm Zumba Donna | | 6:30pm Yoga Jo Ann | | | 4:30pm Aqua Works Susan |

We Have Limited Space For Spin and Shape & Sculpt. Please Call 860-510-0235 For A Reservation.

Hotel Guests and Marina Members: \$15.00 + tax per class.

Group Class Definitions

- Aqua Works:** A fun water workout with cardio, strengthening and flexibility elements. All levels are welcome.
- Aqua Therapy:** A gentle 60-minute water session for participants with joint problems like arthritis. Help with strength, balance and coordination.
- Yoga:** A collection of different yoga styles to strengthen and stretch the body. All levels are welcome.
- Tai Chi:** By practicing Tai Chi, you can reduce stress while increasing awareness, flexibility; balance, tone, and internal energy flow.
- Indoor Cycle:** A fun and diverse cardiovascular training on stationary upright bikes. Members are encouraged to wear Heart Rate Monitors.
- Shape & Sculpt:** This class will provide great toning exercises using bands, balls and free weights. It finishes with a stretch cool down.
- PIYO:** Is the perfect blend of Pilates, Yoga, sports stretch, dance stretch, and athletics that will help you burn calories and build muscle! This is way more than just flexibility. The dynamic blend of movement increases strength, balance, and agility.
- Zumba:** This class fuses hypnotic Latin rhythms and easy to follow moves to create a high energy, calorie blasting, total body workout. It's a great mix of Latin flavor and international beats designed to tone your body from head to toe.

Proper footwear is required for all activities. Classes and activities are for ages 14 and up. The pool is closed during Aqua Classes.