



## Saybrook Point Resort Fitness Schedule

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
AM	8:00am Indoor Spin Regina	10:00am Mat Pilates Betsy/Daya	8:00am Indoor Spin Regina	11:30am Aqua Therapy Betsy	8:00am Tai chi Kevin	7:00am Indoor Spin Nancy	8:30am Power Yoga Angela/Didi
	9:00am Aqua Works Betsy	11:30am Aqua Therapy Betsy	9:00am Aqua Works Betsy	6:30pm Yoga Wendy	9:00am Aqua Works Betsy	9:00am Yoga Cindy	
	9:30am Cardio Fusion Regina		9:30am Cardio Fusion Regina		10:30am Restorative Yoga Daya		
PM	5:30pm Aqua Works Regina		5:30pm Aqua Works Regina				
	6:30pm Yoga Jen						

Hotel Guests and Marina Guest: only \$19.00 + tax per class. Seasonal marina 6 month members are complimentary

### 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. Restorative yoga - is centering your breath & body with gentle movements. Power yoga - vigorous fitness-based approach Vinyasa style yoga. All levels are welcome.
- Tai Chi:** By practicing Tai Chi, you can reduce stress while increasing awareness, flexibility, balance, tone, and internal energy flow.
- Cardio Fusion:** This class will provide great toning exercises using bands, balls and free weights. It finishes with a stretch cool down.

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