



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	10:00am Mat Pilates Betsy/Daya	9:00am Aqua Works Betsy	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	11:30am Aqua Therapy Betsy	10:30am Restorative Yoga Daya	9:00am Yoga Cindy	
	9:30am Cardio Fusion Regina		9:30am Cardio Fusion Regina	6:30pm Yoga Wendy			
PM	5:30pm Aqua Works Regina		5:30pm Aqua Works Regina				
	6:30pm Yoga Jen		6:30pm Kundalini Yoga Brittney				

Hotel Guests and Marina Guest: only \$19.00 + tax per class. Seasonal marina members classes 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.
- Indoor Spin:** Designed for all fitness levels. Classes focus on drills that build power and endurance on the bike with brief high intensity bursts that push past your anaerobic threshold to increase your cycling power.
- Cardio Fusion:** This class will provide great toning exercises using bands, balls and free weights. It finishes with a stretch cool down.
- Kundalini Yoga:** Is a combination of mantra, pranayam, kriya and meditation. The combination of sound vibration, breath work, physical movement and meditation make Kundalini yoga a unique and powerful practice. All levels are welcome.

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