



## 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	8:00am Tai chi Kevin	7:00am Indoor Spin Nancy	9:00am Power Yoga Didi
	9:00am Aqua Works Betsy	11:30am Aqua Therapy Betsy	9:00am Aqua Works Betsy	11:30am Aqua Therapy Betsy	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		12:00pm Cardio Fusion Regina		
	6:30pm Yoga Mary	6:00pm Restorative Yoga Jodi	5:30pm Hatha Yoga Nancy	6:00pm Flow Yoga Jodi			

Hotel Guests - only \$19.00 + 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. 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.
- Tai Chi:** By practicing Tai Chi, you can reduce stress while toning the body. The slow, focused movements will increase awareness, balance, and internal energy flow.

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