



# 2026 Saybrook Point Resort Fitness Schedule

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
AM	7:30am Indoor Spin Regina	9:00am Mat Pilates Jodi/Daya	7:30am Indoor Spin Regina	9:00am Mat Pilates Jodi/Daya	8:00am Tai chi Kevin	7:00am Indoor Spin Nancy	9:00am Power Yoga Didi
	9:00am Aqua Works Betsy	10:00am Mat Pilates Betsy/Daya	9:00am Aqua Works Betsy	10:00am Mat Pilates Betsy/Daya	9:00am Aqua Works Betsy	9:00am Yoga Cindy	
	9:00am Cardio Fusion Regina	11:30am Aqua Therapy Betsy	9:00am Cardio Fusion Regina	11:30am Aqua Therapy Betsy	9:30am Restorative Yoga Daya		
PM	10:00pm Cardio Fusion Regina	6:00pm Deep Release Yoga Jodi	10:00pm Cardio Fusion Regina	5:00pm Pilates Fusion Regina	10:30am Restorative Yoga Daya		
	5:30pm Aqua Works Regina		5:30pm Aqua Works Regina	6:15pm Flow Yoga Jodi			
	6:30pm Yoga Jodi		5:30pm Hatha Yoga Nancy				

**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.
- Pilates:** This foundational practice focuses on controlled movements and precise breathing techniques to target the deep stabilizing muscles of the abdomen, back and hips.
- 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.*