



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 Marty		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.