



Hilton Sandestin Beach
Golf Resort & Spa

Phone: 866-622-9595

Or

Ext. 3749 in the hotel

We are located on the lower lobby in the west tower of the hotel, which is the opposite side from Seagar's Restaurant. We look forward to seeing you!



~ Serenity Staff

Serenity by the sea

THE SPA AT THE HILTON
SANDESTIN BEACH

Spa Fitness

Come join us for an invigorating way to start or end your day. Sign up today at the Spa front desk.



Yoga-Flow - A flowing blend of breathing, stretching, strengthening and balance.

Yoga-lates - A blend of Yoga stretching and Pilates strengthening and breathing.

Restorative Yoga - A very gentle class focused on proper breathing and holding poses. Relax your mind and body.

Pilates Fusion - Create a long, lean, strong and balanced body with this unique Pilates based workout.

Beginner Pilates - Create strength, control, balance, flexibility and grace using the basic Pilates moves.

Advanced Fitness - Get leans, strong and sculpted with this Advanced Body-weight Workout.

Zumba - A mixture of Latin and International music mixed with dance that together creates a challenging, yet fun and effective fitness routine.

Low Impact Aqua Fitness - Better range of motion with warm water, gentle pool exercise non-swimming.

Aqua Fitness - Improves cardiovascular fitness, muscle endurance, and flexibility

During inclement weather, classes will be held in the fitness studio. Please contact the Spa front desk for more information.



Fitness Calendar March 2012

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Individual Yoga, Zumba, Fusion, & Pilates Class: \$15 Individual Aqua Fitness Classes \$10 Registered Hotel guests \$12 Non-Registered guests 12 Class Pass: \$150 20 Class Pass: \$200 Sign up and meet at the Spa front desk Advanced sign up is required to guarantee class Classes are complimentary for Spa Members				1 Deep water Aqua Fitness 8am Zumba 9am	2 Pilates Fusion 7am Beginner Pilates 8am Aqua Fitness 8am Yoga-Flow 9am Low impact Aqua Fitness 9am Advanced Fitness 3pm	3 Zumba 10am
4	5 Beginner Pilates 8am Aqua Fitness 8am Yoga-Flow 9am Low impact Aqua 9am Gentle-Restorative Yoga 10am Yoga-lates 4pm	6 Body Sculpting Aqua Fitness class 8am Zumba 9am	7 Pilates Fusion 7am Beginner Pilates 8am Aqua Fitness 8am Yoga-Flow 9am Low impact Aqua Fitness 9am Gentle-Restorative Yoga 10am	8 Deep water Aqua Fitness 8am Zumba 9am	9 Pilates Fusion 7am Beginner Pilates 8am Aqua Fitness 8am Yoga-Flow 9am Low impact Aqua Fitness 9am Advanced Fitness 3pm	10 Zumba 10am
11	12 Beginner Pilates 8am Aqua Fitness 8am Yoga-Flow 9am Low impact Aqua 9am Gentle-Restorative Yoga 10am Yoga-lates 4pm	13 Body Sculpting Aqua Fitness class 8am Zumba 9am	14 Pilates Fusion 7am Beginner Pilates 8am Aqua Fitness 8am Yoga-Flow 9am Low impact Aqua Fitness 9am Gentle-Restorative Yoga 10am	15 Deep water Aqua Fitness 8am Zumba 9am	16 Pilates Fusion 7am Beginner Pilates 8am Aqua Fitness 8am Yoga-Flow 9am Low impact Aqua Fitness 9am Advanced Fitness 3pm	17 Zumba 10am
18	19 Beginner Pilates 8am Aqua Fitness 8am Yoga-Flow 9am Low impact Aqua 9am Gentle-Restorative Yoga 10am Yoga-lates 4pm	20 Body Sculpting Aqua Fitness class 8am Zumba 9am	21 Pilates Fusion 7am Beginner Pilates 8am Aqua Fitness 8am Yoga-Flow 9am Low impact Aqua Fitness 9am Gentle-Restorative Yoga 10am	22 Deep water Aqua Fitness 8am Zumba 9am	23 Pilates Fusion 7am Beginner Pilates 8am Aqua Fitness 8am Yoga-Flow 9am Low impact Aqua Fitness 9am Advanced Fitness 3pm	24 Zumba 10am
25	26 Beginner Pilates 8am Aqua Fitness 8am Yoga-Flow 9am Low impact Aqua 9am Gentle-Restorative Yoga 10am Yoga-lates 4pm	27 Body Sculpting Aqua Fitness class 8am Zumba 9am	28 Pilates Fusion 7am Beginner Pilates 8am Aqua Fitness 8am Yoga-Flow 9am Low impact Aqua Fitness 9am Gentle-Restorative Yoga 10am	29 Deep water Aqua Fitness 8am Zumba 9am	30 Pilates Fusion 7am Beginner Pilates 8am Aqua Fitness 8am Yoga-Flow 9am Low impact Aqua Fitness 9am Advanced Fitness 3pm	31 Zumba 10am