



Fitness Calendar NOVEMBER 2011

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 Zumba 9am Body Sculpting Aqua Fitness class 8am	2 Pilates Fusion 7am Body Sculpting 8am Aqua Fitness 8am Yoga 9am Fitness Fusion 4pm	3 Deep water Aqua Fitness 8am Zumba 9am	4 Fitness Fusion 7am Pilates Fusion 8am Aqua Fitness 8am Yoga 9am Pilates Fusion 4pm	5 Zumba 9am Zumba 10am
6	7 Pilates Fusion 8am Aqua Fitness 8am Yoga-Stretching 9am Body Weight Strength Training 3pm Low impact 9am	8 Zumba 9am Body Sculpting Aqua Fitness class 8am	9 Pilates Fusion 7am Body Sculpting 8am Aqua Fitness 8am Yoga 9am Fitness Fusion 4pm	10 Deep water Aqua Fitness 8am Zumba 9am	11 Fitness Fusion 7am Pilates Fusion 8am Aqua Fitness 8am Yoga 9am Body Weight Strength 3pm	12 Zumba 9am Zumba 10am
13	14 Pilates Fusion 8am Aqua Fitness 8am Yoga-Stretching 9am Body Weight Strength Training 3pm Low impact 9am	15 Zumba 9am Body Sculpting Aqua Fitness class 8am	16 Pilates Fusion 7am Body Sculpting 8am Aqua Fitness 8am Yoga 9am Body Weight Strength Training 3pm	17 Deep water Aqua Fitness 8am Zumba 9am	18 Fitness Fusion 7am Pilates Fusion 8am Aqua Fitness 8am Yoga 9am Body Weight Strength Training 3pm	19 Zumba 9am Zumba 10am
20	21 Pilates Fusion 8am Aqua Fitness 8am Yoga-Stretching 9am Body Weight Strength Training 3pm Low impact 9am	22 Zumba 9am Body Sculpting Aqua Fitness class 8am	23 Pilates Fusion 7am Body Sculpting 8am Aqua Fitness 8am Yoga 9am Body Weight Strength 3pm	24 Deep water Aqua Fitness 8am Zumba 9am	25 Fitness Fusion 7am Pilates Fusion 8am Aqua Fitness 8am Yoga 9am Body Weight Strength 3pm	26 Zumba 9am Zumba 10am
27	28 Pilates Fusion 8am Aqua Fitness 8am Yoga-Stretching 9am Body Weight Strength Training 3pm Low impact 9am	29 Zumba 9am Body Sculpting Aqua Fitness class 8am	30 Pilates Fusion 7am Body Sculpting 8am Aqua Fitness 8am Yoga 9am Body Weight Strength 3pm			