

FITNESS CLASS SCHEDULE

MONDAY

07:30am – 08:30am morning yoga at pool side
05:30pm – 06:30pm full body stretching at fitness centre

TUESDAY

07:30am – 08:30am morning yoga at pool side
05:30pm – 06:30pm circuit training at fitness centre

WEDNESDAY

07:30am – 08:30am morning tai chi at pool side
05:30pm – 06:30pm full body stretching at fitness center

THURSDAY

07:30am – 08:30am morning yoga at pool side
05:30pm – 06:30pm circuit training at fitness centre

FRIDAY

07:30am – 08:30am morning tai chi at pool side
05:30pm – 06:30pm full body stretching at fitness center

SATURDAY

07:30am – 08:30am morning yoga at pool side
05:30pm – 06:30pm sunset tai chi at the beach bar

SUNDAY

07:30am – 08:30am morning tai chi at pool side
05:30pm – 06:30pm sunset yoga at the beach bar

NOTE: Private yoga, tai chi and tennis lessons are available for a charge. Please contact fitness center at ext. 160 for more details or reservations.