

April 2024 Group Fitness Schedule

Motion Studio 1

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00 AM Flow Yoga Annaliese	10:00 AM Vinyasa Power Hour Virginia	10:30 AM Body Sculpt Genene	10:00 AM Mat Pilates Natalie	10:15 AM Barre & Beyond Lisa	9:00 AM Flow Yoga Annaliese	10:00 - 11AM Get Ripped Michelle
	11:00 AM Restorative Yin Yoga Virginia					

Motion Studio 2

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			9:00 AM Cycle (45 Min) Natalie			

Group Fitness Class Cards

Class Cards expire 3 months after date of purchase. Class cards cannot be shared. *Day Passes for Monday-Thursday only.

Resort guests: Complimentary fitness classes (based on availability).

# of Classes	Price	Usage Length	Bonus	Day Pass Value
1	\$25.00		50% off 1 Eau Spa Day Pass	\$50 Off
5	\$100.00	3 months	50% off 1 Eau Spa Day Pass	\$50 Off
10	\$150.00	3 months	1 complimentary Eau Spa Day Pass	\$100
20	\$200.00	3 months	1 complimentary Eau Spa Day Pass	\$100

Personal Training and Pilates Reformer Training

Must be used within a 3 month period from purchase date. Time and dates subject to availability.

# of Private Sessions	Price	Bonus
1 (30 minutes)	\$85.00	
1 (1 hour)	\$125.00	

GROUP FITNESS CLASS DESCRIPTIONS

Beachside Yoga - Sun salute. Wake up your energy and experience the many benefits of daily Yoga practice. Start your day beachside overlooking Eau's exclusively private sand. Enjoy a creative, fluid practice of an open level Vinyasa with sequences linking breath and movement. Meet in the Fitness Studio, class is held in Tranquility Pool courtyard.

Body Sculpt - Sculpt and shape your entire physique in this weight training class, while blasting tons of calories. Free weights, body bars, medicine balls, and steps are utilized to help you design your most amazing athletic body.

Gentle Yoga - This practice is designed to restore the nervous system and help release deeply held tensions from the body and mind. Props will be used to support the postures, while gently stretching and strengthening the body.

Body Blast - This is a cardio charged workout that is high energy and motivating! This training class incorporates challenging cardio segments, resistance training, and intense core work using diverse fitness equipment to blast your body into shape fast.

H.I.I.T. - High Intensity Interval Training-A cardiovascular exercise alternating short periods of intense anaerobic exercise with less intense recovery periods. You will burn more fat in less time, build a healthier heart, lose weight not muscle.

Mat Pilates - Traditional Pilate's core exercises are performed on a mat to help achieve a beautiful shape. Pilates training is especially good for strengthening the abdominals and lower back, while improving posture and alignment.

RealRyder® Spin - The ultimate 45 minute indoor cycling experience by working your body as a cohesive unit on an indoor bike! The RealRyder® Indoor Cycle tilts, turns, and leans - improving strength stability and coordination of the upper/lower body and core. Test your stamina on uphill sprints, jumps, rolling hills and more.