

November 2021 Group Fitness Schedule

Motion Studio 1

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00 AM Beachside Yoga Danielle	10:00AM Gentle Yoga Natalie	10:00 AM Body Sculpt Lisa	10:00AM Mat Pilates Natalie	10:00 AM Barre Lisa	9:00 AM Beachside Yoga Danielle	10:00 AM Body Sculpt Michelle

Motion Studio 2

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	9:00 AM RealRyder Spin (45 Min) Natalie		9:00 AM RealRyder Spin (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 use only.

# 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	