



November 2018 Group Fitness Schedule

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|---|---|--|--|---|--|
| 9:00 AM Beachside Yoga Danielle | 8:00 AM RealRyder Spin (45 mins) Natalie | 8:00 AM Gentle Yoga Danielle | 9:00 AM RealRyder Spin (45 mins) Natalie | 8:00 AM Gentle Yoga Danielle | 9:00 AM Beach Bootcamp Natalie | 8:30 AM RealRyder Spin (45 mins) Natalie |
| 10:30 AM Meditation (30 mins) Danielle | 9:00 AM Gentle Yoga Natalie | 9:30 AM Meditation (30 mins) Danielle | 9:15 AM Vinyasa Yoga Barbara | 10:15 AM Yoga Sculpt Danielle | 10:15 AM Vinyasa Yoga Natalie | 9:00 AM Beachside Yoga Lauren |
| 12:00 PM Yin Yoga Danielle | 10:15 AM Body Sculpt Natalie | 10:30 AM Vinyasa Yoga Danielle | 10:30 AM Yin Yoga Barbara | 11:30AM Hatha Yoga Laura | 11:30 AM Body Sculpt Natalie | 9:30 AM Beach Bootcamp Maksim |
| | 11:30 AM La Coquille Complimentary Class Rotating Instructors | 1:00 PM Mat Pilates Saige | 11:45AM Body Sculpt Natalie | 1:00 PM Mat Pilates Saige (CXLD 11/22) | | 10:45 AM Body Sculpt Maksim |
| | 1:00 PM Barre Saige | 5:30 PM Mat Pilates Saige | 1:00 PM Barre Saige | 5:30 PM Saige Barre (CXLD 11/22) | 4:00 PM Yin Yoga Natalie | 11:45 AM Yoga Flow Natalie |

November Special Events

11/16 Eaumm Yoga Event Gratitude Flow Hatha to Yin 6:30 PM-7:45 PM Class, 7:45 PM-9:00 PM Spa Access \$40.00 in adv, \$50.00 day of.

11/21 Pre-Thanksgiving Beach Boot Camp 11:45 AM-1:00 PM \$25.00, no class cards accepted (in place of Body Sculpt & Barre)

11/21 Thanksgiving Eve Children's Yoga & Story Time 5:00 PM-6:30 PM \$12.00 per child, Complimentary for La Coquille Members & Hotel Guests

11/22 9:30- 11:30 AM Giving Thanks: YinYasa Yoga, Meditation, & Reiki \$25.00 no class cards accepted (in place of Yoga Sculpt & Hatha Yoga)

Group Fitness Class Cards

If Class Card is not consumed by expiration date, then the remaining balance may be redeemed towards normal cost of a class. Class Cards expire 3 months after date of purchase. Class cards cannot be shared.

| # of Classes | Price | Usage Length | Bonus | Day Pass Value |
|--------------------|----------|--------------|---|----------------|
| 1 | \$25.00 | | Discounted Eau Spa Day Pass Purchase for \$50 (Regularly \$100) | \$50 off |
| 1 Meditation Class | \$15.00 | | 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 | Usage Length | Bonus |
|-----------------------|-----------|--------------|--|
| 1 (30 minutes) | \$ 85.00 | | Discounted Eau Spa Day Pass Purchase for \$40 (Regularly \$60) |
| 1 (1 hour) | \$ 125.00 | | Day Spa Pass Included Day of Session |
| 3 | \$ 345.00 | 1 month | Day Spa Pass Included Day of Session |
| 5 | \$ 550.00 | 1 month | Day Spa Pass Included Day of Session |



Group Fitness Class Descriptions

Barre – Experience the hottest new fitness trend with this Barre fusion class! Concepts from Yoga, Pilates, and dance are perfectly blended together to create a class that helps you achieve the long, sculpted look of a dancer. No dance experience necessary. Please bring a pair of socks to wear.

Barre Bootcamp- Barre toning plus High Intensity Interval Training in an hour long format to give you long, lean, sculpted lines while creating a calorie after-burn that will have you shedding calories for hours after your workout!

Beach Bootcamp – Join us on the beach for this fun, full body workout that will help you to sculpt your best beach body. This class incorporates interval training, core work, athletic drills, and an exhilarating beach run. Meet in the Fitness Studio.

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.

Hatha Yoga - Hatha is a general category that includes most yoga styles. It is an old system that includes the practice of asanas (yoga postures) and pranayama (yoga breathing exercises), which help bring peace to the mind and body, preparing the body for deeper spiritual practices such as meditation.

Mat Pilates – Traditional Pilates 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.

Meditation – This class will deliver you your daily dose of zen. Start you day with 30 minutes of mindfulness practice to create a more blissful flow for the rest of your day.

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. Special effects lighting adds to the excitement of this awesome cardiovascular workout. Test your stamina on uphill sprints, jumps, rolling hills and more.

Spin and Pilates- Combining RealRyder Spin and Pilates Toning and Strength Training, blast calories and tone every major muscle group in this 30 minute Spin, 30 minute Pilates Mat class format incorporating weights, Magic Circles, and Resistance Bands.

Vinyasa Yoga – Yoga postures are done in an invigorating flow fashion, much like a dance. Sequential movement interlinks body movement with breath to form a continuous flow.

Yin Yoga – This class is for anyone looking to work on flexibility! Poses are held for 2-3 minutes to reach flexibility in the joints, ligaments, and connective tissue. This class cultivates greater range of motion as well as patience and meditation.