

May 2019 Group Fitness Schedule

Motion Studio 1

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	8:00 AM Glute Camp Kathy	8:00 AM Gentle Yoga Danielle	8:00 AM Glute Camp Amy	8:00 AM Gentle Yoga Danielle	8:00AM Abs & Assets; Amy	8:00 AM Body Sculpt Natalie
9:00 AM Beachside Yoga Danielle	9:00AM Gentle Yoga Natalie		9:15 AM Yoga Flow Barbara		9:00 AM 30/30 Natalie	9:00 AM Beachside Yoga Natalie
9:30 AM Tennis Fitness (at Tennis Courts) Natalie		9:30 AM Vinyasa Yoga Danielle				9:30 AM Beach Bootcamp Maksim
10:30 AM Yin Yoga Danielle	10:15 AM Barre Natalie	10:45 AM Body Sculpt Amy	10:30 AM Restorative Yoga Barbara	10:15 AM Yoga Sculpt Danielle	10:15 AM Vinyasa Yoga Natalie	10:45 AM Body Sculpt Maksim
11:45 AM H.I.I.T. Amy	11:30 AM La Coquille Complimentary Class Rotating instructors	11:45 AM Mat Pilates Danielle	11:45 AM Body Sculpt Amy	11:45 AM Mat Pilates Natalie	11:30 AM Barre Amy	11:45 AM Glute Camp Amy
			1:00 PM Barre Amy			
	4:00 PM Body Sculpt Natalie	5:30 PM Body Sculpt Amy		4:00 PM Gentle Yoga Natalie		

Motion Studio 2

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	8:00 AM RealRyder Spin (45 Min) Natalie					8:30 AM RealRyder Spin (45 Min) Maksim
10:30 AM RealRyder Spin (45 Min) Maksim			9:00 AM RealRyder Spin (45 Min) Natalie			

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
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	Discounted Eau Spa Day Pass Purchase for \$40 (Regularly \$60)
1 (1 hour)	\$125.00	Day Spa Pass Included Day of Session

Group Fitness Class Descriptions

Ab's & Assets- A combination workout that targets your muscles from the waist down & core training to tone and flatten your stomach.

Barre- 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.

Beach Boot camp – 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.

Glute Camp- A lower body conditioning class designed to lift and shape your hottest asset.

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.

Kickboxing- Feel empowered as you learn the fundamentals of kickboxing. Kickboxing provides a total body workout, stress reduction, and an increase in stamina through resistance and cardio vascular training.

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.

Restorative Yoga -A Relaxing Yoga With Deep, Meditative Stretches. Restorative yoga is a practice that is all about slowing down and opening your body through passive stretching.

30/30- This class is the best of both worlds. 30 minutes of heart pumping RealRyder® Spin to burn those extra calories, followed by 30 minutes of Body Sculpt. Sculpt and shape your physique using weights, bands, and bars.

Tennis Fitness - **Located at Tennis Courts:** Cardio Tennis is an engaging group fitness program featuring the heart pumping effects of tennis drills, games, and skills delivering the ultimate full body and calorie burning aerobic and anaerobic workout. Cardio Tennis is a very social activity for all ages, ability and fitness levels

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.

Yoga Flow -

Cultivate a calm, centered, and nourished feeling by combining present moment awareness anchors with slow and intentional movements. Combining these tools is a way to strengthen your presence and awareness, on and off the mat.