

# July 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 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