

# August 2019 Group Fitness Schedule

## Motion Studio 1

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

## Motion Studio 2

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

## Group Fitness Class Cards

**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