



**Fins Up!**  
 FITNESS & LIFESTYLE CENTER  
*Group Fitness*  
*Schedule*

Class Time	Wednesday	Thursday	Friday	Saturday	Sunday
8 AM		<b>Mat Pilates</b> (all levels) Instructor- Jamie	<b>Cardio Sculpt</b> Instructor - Jamie	<b>Yoga</b> Instructor - Evangelina	<b>Beach Yoga</b> Instructor - Jamie
5 PM	<b>5K Guided Run</b> Instructor - Mixed	<b>Zumba</b> Instructor - Diosiris	<b>Beach Boot Camp</b> Instructor- David		

**5k Guided Run** – Come run on the boardwalk with us. Our run leader will guide runners through a moderate-paced 5k distance. Relax post-run with a special spa offer redeemable to all who participate.

**Mat Pilates** - Based on the teachings of Joseph H. Pilates, this class will help improve flexibility, coordination and balance, building core, arm and leg control, strength and stability in the entire body, with attention on alignment, breathing and posture.

**Zumba** - We take the "work" out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party. Once the Latin and World rhythms take over, you'll see why Zumba® Fitness classes are often called "exercise in disguise"!

**Cardio Sculpt** – Fun AND energetic, this class is designed for all levels, and solely utilizes your own body weight to focus on combining high intensity and low impact cardio, dance aerobic movements, and body sculpting.

**Beach Bootcamp** - This total body conditioning workout combines cardio with core training. This class will be a circuit style workout using battle rope, TRX, sandbags, kettlebells and more.

**Yoga** - This style of yoga builds flexibility and strength while maintaining focus on good posture. Positions may be held for longer periods of time and will be linked together to unite the body to the breath and the mind.

**Beach Yoga** - This style of yoga builds flexibility and strength while maintaining focus on good posture. Positions may be held for longer periods of time and will be linked together to unite the body to the breath and the mind.

**All classes including Guided Run meet inside Margaritaville Hollywood Beach Resort at St. Somewhere Spa (2<sup>nd</sup> Floor)**

**Please arrive 10 minutes prior to class start time to sign in, as space is limited.**

**All classes except 5K run are \$12 per participant, and can be paid in cash or room charge. All are welcome.**

**Should you wish to schedule a private one-on-one class, private group class, or personal training, please inquire at St. Somewhere Spa or call (954)874-4430.**