



Group Exercise Schedule

Classes at 8:00 a.m.

FRIDAY

WATER CONDITIONING WITH JAMIE

A class designed for all fitness levels to show how heavy the water can be. Be prepared for running and playful sprints, with little impact on your joints.

Location: Lone Palm Pool

SATURDAY

YOGA FLOW WITH EVANGELINA

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

Location: Group Exercise Studio

SUNDAY

YOGA FLOW WITH JAMIE

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

Location: Beach across from Lone Palm. Group Exercise Studio is backup dependent on weather.

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

Classes are \$12 per guest, and can be paid in cash or room charge.

Fins Up! Fitness Center and Group Exercise Studio are located on 2nd floor adjacent to Spa. 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.