



Group Fitness Schedule

Class Time	Wednesday	Thursday	Friday	Saturday	Sunday
8 AM	Guided Morning Run Instructor - Mixed	Mat Pilates (all levels) Instructor- Jamie	Cardio Sculpt Instructor - Jamie	Yoga Flow / Guided Morning Bike Ride	Beach Yoga Instructor - Jamie
5 PM			Beach Boot Camp Instructor- David		

Guided Morning Run – Come run on the Hollywood Broadwalk with us. Our run leader will guide runners through a moderate-paced distance, to be determined based on runner turnout. Relax post-run with a special spa offer redeemable to all who participate. Activity is weather-permitting. Free Participation Event

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.

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.

Guided Morning Bike Ride – Explore the Hollywood Broadwalk and beachfront on two wheels! Our leader will guide riders through the north end of the Hollywood Broadwalk, making a couple of stops interspersed with fun facts at the Marine Environmental Education Center as well as the ride’s turnaround point, the Dania Beach Pier. Expected ride time, 30-45 mins. 10 person max, first come first served, weather permitting. Free participation event. **Meet at pool activities desk.**

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.

Meet at St. Somewhere Spa (2nd Floor). Please arrive 10 minutes prior to class start time to sign in. All classes except Guided Run and Bike Ride are \$12 per participant.

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.