

# SPA AQUAE FITNESS SCHEDULE

TIME	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7:15 AM	Sunrise Yoga						PiYo
8:30 AM	Floor Pilates	Mixed Fusion (45)				Beginner Yoga	PiYo
9:00 AM					Yoga Bootcamp (45)		
9:30 AM				Floor Pilates			
9:45 AM	Dance Barre	Vinyasa				Vinyasa	HIIT Bootcamp (45)
10:00 AM					Flow		
10:45 AM				Sunrise Yoga			
11:00 AM		Gentle Yoga					Gentle Yoga
12:00 PM				Dance Barre			
12:15 PM							Flow
1:30 PM							Vinyasa

## CLASS DESCRIPTIONS

**Beginner Yoga:** Slower paced program for anyone who is just being introduced to yoga.

**Gentle Yoga:** Balance mind, body and soul combined with a steady pace. (Recommended for 1st time Yogi's.)

**Vinyasa:** Faster paced class intermediate poses, including discipline that utilizes postures and breathing techniques.

**Sunrise Yoga:** A sequence of five to six poses, supported by props, maintain flexibility.

**Flow:** Smooth poses, synchronized breathing, alignment, and focuses on transition.

**Floor Pilates:** Connecting mind and body, lengthening and strengthening, low impact work out.

**PiYo:** Integrates Pilates and Yoga to help strengthen and elongate the muscles.

**Dance Barre:** Maintain balance and dance like no one's watching, while enhancing your core.

**Yoga Bootcamp:** This 45-minute class offers vinyasa-style stretching with high-intensity cardio intervals.

**Mixed Fusion:** This 45-minute class will integrate strength training, stretching techniques, and yoga for a challenging full-body workout.

**HIIT Bootcamp:** This high-intensity 45-minute workout will harmonize cardio, core, resistance, and flexibility.