



ART OF WELLNESS™

## MAY 2013 BEACH FITNESS + YOGA CLASS SCHEDULE

\$35 PER CLASS. A 20% SERVICE CHARGE WILL BE ADDED UPON CHECKOUT.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
NO CLASSES PERSONAL TRAINING AVAILABLE	BEACH BODY SCULPT (INCLUDING RESISTANCE BAND CIRCUITS) 8:30-9:30 AM	BEACH CARDIO SCULPT 8:30-9:30 AM	BEACH BODY SCULPT (INCLUDING RESISTANCE BAND CIRCUITS) 8:30-9:30 AM	TRX / POWERBAND BOOTCAMP 8:30-9:30 AM	AEROGA® BEACH BOOTCAMP 9:00-10:00 AM	TRX / POWERBAND BOOTCAMP 9:00-10:00 AM
	POWER YOGA 9:30-10:00 AM	BEACH BLISS YOGA 9:30-10:30 AM	YOGA FLOW 9:30-10:30 AM	CRANK YOUR CORE, LEGS & GLUTES 9:30-10:30 AM	POWER YOGA 9:30-10:30 AM	AEROGA® 9:30-10:30 AM
				STRETCH + SCULPT 9:30-10:30 AM	FOOD TALK TRADITIONAL POWER FOODS (COMPLIMENTARY) 10:00AM-10:30 AM	INTRO TO NATURAL FITNESS (COMPLIMENTARY) 10:00-10:20 AM
					BEACH CORE CIRCUIT 5:30-6:30 PM	CHISELED AB BLAST 10:30-11:15 AM
						SUNSET YOGA FLOW 5:30-6:30 PM

ADDITIONAL CLASSES + PRIVATE SESSIONS AVAILABLE ON REQUEST:  
FOR BOOKING AND ADDITIONAL INFORMATION CALL 786.423.7590

email: [contact@v-artofwellness.com](mailto:contact@v-artofwellness.com)

[www.v-artofwellness.com](http://www.v-artofwellness.com)

