



APRIL 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 | BEFIT BEACH BOOTCAMP 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 BEACH BOOTCAMP 8:30-9:30 AM | BEFIT BEACH BOOTCAMP 9:30-10:30 AM | TRX / POWERBAND BOOTCAMP 9:00-10:00 AM |
| | POWER YOGA 9:00-10:00 AM | BEACH BLISS YOGA 9:00-10:00 AM | YOGA FLOW 9:30-10:30 AM | STRETCH + SCULPT 9:30-10:30 AM | POWER YOGA 9:30-10:30 AM | YOGA FLOW 9:30-10:30 AM |
| | | | | | | BEACH BODY SCULPT (INCLUDING RESISTANCE BAND CIRCUITS) 10:30-11:30 AM |

ADDITIONAL CLASSES + PRIVATE SESSIONS AVAILABLE ON REQUEST:
 Yoga • Core • Beach Fitness • Body Sculpt • TRX Bootcamp • Nutritional Counseling
 Fitness Evaluations • Aquatic Classes • Reiki • (Pre/Post Natal Training/Yoga)
 Meditation • Myofascial Release

FOR BOOKING AND ADDITIONAL INFORMATION CALL **786.423.7590**

email: contact@v-artofwellness.com

www.v-artofwellness.com

