



## FEBRUARY 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  POWER YOGA 9:00-10:00 AM	BEACH CARDIO SCULPT 8:30-9:30 AM  ZEN YOGA 9:00-10:00 AM	BEACH BODY SCULPT (INCLUDING RESISTANCE BAND CIRCUITS) 8:30-9:30 AM  YOGA FLOW 9:00-10:00 AM	TRX BEACH BOOTCAMP 8:30-9:30 AM  STRETCH + ALIGN 9:00-10:00 AM	BEFIT BEACH BOOTCAMP 9:30-10:30 AM  DETOX YOGA 9:30-10:30 AM	BEACH SUNRISE YOGA 7:30-8:30 AM  BEACH CARDIO SCULPT 9:00-10:00 AM  YOGA FLOW 9:30-10:30 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**

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