



MARCH 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	YIN 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**

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