

## APRIL WELLNESS SCHEDULE

	2 7		The second second			
SUN	MON	TUES	WED	THURS	FRI	SAT
		BAM ABS & GLUTES Fitness Center 9:30AM BUNGEE FITNESS \$ Spa 10AM HAPPY HIPS Fitness Center 12PM AERIAL YOGA \$ Spa	9AM 2 ABS & GLUTES Fitness Center  10AM AERIAL YOGA \$ Spa  11:30AM CARDIO & STRENGTH \$ Fitness Center	10AM YIN YOGA Spa 11:30AM AERIAL YOGA \$ Spa 4PM THE ART OF TASTE \$ The Cove	BAM GLUTE STRENGTH Fitness Center  9AM RISE & SHINE YOGA Fountain Terrace  10AM OUTDOOR FITNESS Fountain Terrace  11AM AERIAL YOGA \$ Spa	9AM 5 HAPPY HIPS Fitness Center 10:30AM AERIAL YOGA \$ Spa
10AM 6 RISE & SHINE YOGA Fountain Terrace 10:30AM LIFE IN BALANCE TREATS \$ The Cove	8AM 7 HIIT W/ PROPS Fitness Center 9AM RISE & SHINE YOGA Fountain Terrace	ABS & GLUTES Fitness Center 9:30AM BUNGEE FITNESS \$ Spa 10AM	9AM 9 ABS & GLUTES Fitness Center 10AM AERIAL YOGA \$ Spa 11:30AM	10AM 10 YIN YOGA Spa 11:30AM AERIAL YOGA \$ Spa	GLUTE STRENGTH Fitness Center  9AM  RISE & SHINE YOGA Fountain Terrace	PAM 12 RISE & SHINE YOGA Fountain Terrace 10:30AM AERIAL YOGA \$ Spa

CARDIO & STRENGTH \$

16

10AM

YIN YOGA

AERIAL YOGA \$

11:30AM

Fitness Center

15

9AM

10AM

11:30AM

Fitness Center

Fitness Center

**ABS & GLUTES** 

AERIAL YOGA \$

CARDIO & STRENGTH \$

**FLOATING** GLUTE STRENGTH **MEDITATION \$** Fitness Center **AERIAL YOGA \$** 

10AM

Fountain Terrace

FLOATING

**MEDITATION \$** 

**RISE & SHINE YOGA** 

BLEND 'N' BALANCE

Fountain Terrace

SMOOTHIES \$

The Cove

The Cove 10AM

11:30AM

FLOATING

MEDITATION \$

THE ART OF SALSA \$

RISE & SHINE YOGA

BLEND 'N' BALANCE

SMOOTHIES \$ The Cove

FLOATING

Spa

The Cove

**MEDITATION \$** 

THE ART OF SALSA \$

Fountain Terrace

10:30AM

11:30AM

RISE & SHINE YOGA

13 8AM HIIT W/ PROPS Fitness Center RISE & SHINE YOGA Fountain Terrace

> Fitness Center 11AM

HIIT W/ PROPS

RISE & SHINE YOGA

**GLUTE STRENGTH** 

AERIAL YOGA \$

HIIT W/ PROPS

RISE & SHINE YOGA

**GLUTE STRENGTH** 

AERIAL YOGA \$

Fitness Center

Fitness Center

10AM

20

27

Fitness Center 9:30AM BUNGEE FITNESS \$ **GLUTE STRENGTH** HAPPY HIPS Fitness Center **AERIAL YOGA \$** 

21

HAPPY HIPS

**AERIAL YOGA \$** 

**ABS & GLUTES** 

Fitness Center

8AM

**AERIAL YOGA \$** 22 **ABS & GLUTES** BUNGEE FITNESS \$ 10AM

HAPPY HIPS

**AERIAL YOGA \$** 

**ABS & GLUTES** 

BUNGEE FITNESS \$

29

Fitness Center

**AERIAL YOGA \$** 

Fitness Center

CARDIO & STRENGTH \$

10AM

Fitness Center

Spa

8AM

Fitness Center

HAPPY HIPS

AERIAL YOGA \$

Fitness Center

9:30AM

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23 ABS & GLUTES Fitness Center AERIAL YOGA \$ 11:30AM CARDIO & STRENGTH \$ Fitness Center 30 **ABS & GLUTES** 

YIN YOGA 11:30AM AERIAL YOGA \$ 4PM THE ART OF TASTE \$ The Cove

24

**GLUTE STRENGTH** Fitness Center RISE & SHINE YOGA Fountain Terrace 10AM **AERIAL YOGA \$** Spa **OUTDOOR FITNESS** Fountain Terrace

**OUTDOOR FITNESS** 

**AERIAL YOGA \$** 

**GLUTE STRENGTH** 

RISE & SHINE YOGA

**AERIAL YOGA \$** 

**OUTDOOR FITNESS** 

18 9AM

HAPPY HIPS

Fitness Center

10:30AM

Fountain Terrace

17

8AM

Fitness Center

Fountain Terrace

Fountain Terrace

**25** 

**AERIAL YOGA \$** 26 **RISE & SHINE YOGA** Fountain Terrace 10:30AM AERIAL YOGA \$

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