



THE RITZ-CARLTON SPA

# FITNESS SCHEDULE

## April 2<sup>nd</sup> – May 2<sup>nd</sup>, 2026

Classes are complimentary and are suitable for all levels & abilities. Please inform the Fitness Instructor if you have any health concerns or if you are pregnant. Guests must be 16 years of age or older to use the fitness center and/or to attend group exercise classes.

***\*Meet at the Fitness Studio a few minutes before the beginning of the session.***

	MON	TUES	WED	THUR	FRI	SAT
8:00am-8:45am	HATHA YOGA (Outdoor gym)	CARDIO BLAST (Outdoor gym – 30 Mins)		HATHA YOGA	HIIT HYBRID (Outdoor gym)	-
9:00am-9:45am	POWER 45 (Strength & Cardio)	CRYSTAL BOWL SOUND BATH		POWER 45 (Strength & Cardio)	ZUMBA (Latin & Pop dance)	VINYASA YOGA (Outdoor gym)
10:00am-10:45am	ABS EXPRESS (30 Mins)	MAT PILATES & CORE STRENGTH		PILATES FUSION (Barre/Sculpt & Yoga)	ABS EXPRESS (30 Mins)	JUMPING ROPE & CORE (30 Mins)

### **CLASS DESCRIPTION:**

**HATHA YOGA:** Slow pace traditional yoga postures and breathing techniques that will promote relaxation and inner peace, enhance your strength, balance and flexibility.

**CRYSTAL BOWL SOUND BATH:** An immersive experience that involves the use of crystal singing bowls to emit sound frequencies with the intention to enter a state of complete relaxation and harmony at the physical, mental and emotional level.

**CARDIO BLAST:** Energetic cardiovascular work out designed to improve endurance, burn fat and strengthen the heart and lungs.

**MAT PILATES & CORE STRENGTH:** Dynamic flowing mat Pilates fused with some traditional core exercises to get a solid power house.

**PILATES FUSION:** A fun mat Pilates fusion incorporating toning exercises with light dumbbells and ankle weights.

**VINYASA YOGA:** A dynamic style of yoga where poses are link together smoothly, flowing from one to the next pose with a focus on breath and posture.

**POWER 45:** Energetic work out that includes cardio, weight training and core strength; all in one session.

**ZUMBA:** Get ready to party yourself into shape! Experience the exhilaration of moving your body to the rhythm of Latin vibes.

**JUMPING ROPE & CORE:** High energy session designed to skyrocket your heart rate while forging a solid midsection.

**HIIT HYBRID:** A dynamic circuit training that combines functional exercises and cardio in a high intensity format to increase calorie burn.

**ABS EXPRESS:** A short focused work out that targets to strengthen the abdominal muscles which are crucial for posture, stability and overall functional movement.

**PRIVATE SESSIONS & NUTRITION APPOINTMENTS ARE AVAILABLE UPON REQUEST PLEASE CONTACT THE SPA (Ext. 6900)**