



## Fitness Class Schedule

Hotel Guests: \$25.00 Daily Spa Access Fee  
Non-Hotel Guests \$45.00 Daily Spa Access Fee

### Tuesday

3:00pm **Intro to Zumba** Joe  
4:00pm **Intro to Belly Dancing** Farasha  
5:00pm **Belly Dancing** Farasha  
6:00pm **Abs\*** Kathleen  
6:30pm **Spin\*** Kathleen

### Wednesday

6:00pm **Abs\*** Kathleen  
6:30pm **Spin\*** Kathleen

### Thursday

3:00pm **Intro to Zumba** Joe  
5:00pm **Yoga** Shelley  
6:00pm **Abs\*** Kathleen  
6:30pm **Spin\*** Kathleen

### Friday

2:00pm **Basic Hawaiian Hula** Farasha  
3:00pm **Intro to Belly Dancing** Farasha  
4:00pm **Belly Dancing** Farasha  
5:00pm **Yoga** Shelley

### Saturday

9:00am **Yoga** Shelley  
3:00pm **Intro to Belly Dancing** Farasha  
4:00pm **Belly Dancing** Farasha

### Sunday

9:00am **Yoga** Shelley

\*1/2 hour class

Schedule changes will begin on 04-10-09