



FITNESS CLASSES

MONDAY:

YOGA & MEDITATION (CuisinArt) 9:00am
Sign in at The Spa, then meet at the pavilion.
\$20.00 per person

TUESDAY:

SUPYOGA (CuisinArt) 3:00pm
Sign in at The Spa, then meet at The Beach Bar
\$50 per person. (weather permitting)

WEDNESDAY:

YOGA & MEDITATION (CuisinArt) 9:00am
Sign in at The Spa, then meet at the pavilion.
\$20.00 per person

BOOT CAMP BLITZ (TheReef) 9:15am
Meet at The Reef bocce ball/tennis courts.

AQUACYCLING (CuisinArt) 10:30am
Sign in at Spa, then meet at the CuisinArt pool.
\$25 per person

AQUA FUSION (CuisinArt) 3:00pm
Meet at the CuisinArt pool.

THURSDAY:

FUNTIONAL FUSION (CuisinArt) 9:15am
Meet at the pavilion

AQUA CYCLING (The Reef) 10:30am
Sign in at Reef Front Desk, then meet at pool.
\$25 per person

SUP YOGA (CuisinArt) 3:00pm
Sign in at The Spa, then meet at The Beach Bar
\$50 per person. (weather permitting)

AQUATIC KICKBOXING (CuisinArt) 3:00pm
Meet at the CuisinArt pool.

FRIDAY:

BEACHFRONT STRETCH (The Reef) 9:15am
Meet at Breezes Restaurant

AQUACYCLING (CuisinArt) 10:30am
Sign in at Spa, then meet at the CuisinArt pool.
\$25 per person

AQUA CONDITIONING (CuisinArt) 3:00pm
Meet at the CuisinArt pool

SATURDAY:

RISE & SHINE GOLF WALK (CuisinArt) 7:00am
Meet at the Cuisinart Lobby

YOGA & MEDITATION (CuisinArt) 9:00am
Sign in at The Spa, then meet at the pavilion.
\$20.00 per person

BOOT CAMP BLITZ (CuisinArt) 9:15am
Meet at the pavilion and end with the ultimate
Splash Pad cool down.

AQUA CYCLING (TheReef) 10:30am
Sign in at Reef Front Desk, then meet at pool.
\$25 per person

AQUATIC KICKBOXING (CuisinArt) 3:00pm
Meet at the CuisinArt pool.

SUNDAY:

YOGA & MEDITATION (CuisinArt) 9:00am
Sign in at The Spa, then meet at the pavilion.
\$20.00 per person



Complimentary shuttle service available between
CuisinArt and The Reef. 10% service charge added
to Yoga and Aqua Cycling