



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:30 AM SPINNING <i>Gigi</i>	6:30 AM CARDIO KICKBOXING <i>Manny Bujold</i>	6:30 AM SPINNING <i>Gigi</i>	6:30 AM CARDIO KICKBOXING <i>Manny Bujold</i>	6:30 AM SPINNING <i>Gigi / Lisa</i>	8:30 AM SPINNING <i>Staff</i>	8:30 AM SPINNING <i>Rob</i>
9:15 AM WATER AEROBICS <i>Lisa</i>		9:15 AM WATER AEROBICS <i>Sarah</i>		9:15 AM WATER AEROBICS <i>Gigi</i>	9:15 AM NIA <i>Beck</i>	
10:00 AM YOGA - 75 min (Level 1-2) <i>Sarah</i>		10:00 AM POWER YOGA <i>Jennifer</i>	10:00 AM POWER YOGA <i>Jennifer</i>	10:00 AM YIN YOGA <i>Doris</i>	10:30 AM PILATES FUSION (Int - Adv) <i>Tina</i>	10:30 AM YOGA - 75 min (Int) <i>Mona</i>
	11:30 AM PILATES FUSION (Int - Adv) <i>Tina</i>	11:00 AM CARDIO SCULPT <i>Jessica</i>	11:30 AM PILATES FUSION (Int - Adv) <i>Tina</i>			
4:30 PM CORE CONDITIONING (ABS/BACK) <i>Lisa / Gigi</i>	5:00 PM PILATES FUSION (Int - Adv) <i>Tina</i>		5:00 PM PILATES FUSION (Int - Adv) <i>Tina</i>			5:00 PM NIA <i>Beck</i>
5:30 PM TOTAL BODY TONE <i>Gigi</i>	6:00 PM SPINNING <i>Gigi</i>	5:30 PM CORE CONDITIONING (ABS/BACK) <i>Lisa / Gigi</i>	6:00 PM SPINNING <i>Lisa / Gigi</i>			
6:30 PM YOGA - 75 min (Level 1-2) <i>Sarah</i>	7:00 PM YOGA - 75 min (Level 1-2) <i>Lisa G</i>	6:30 PM CARDIO BURLESQUE <i>Dolphina</i>	7:00 PM YIN YOGA - 75 min <i>Doris P.</i>	6:30 PM BELLYDANCING <i>Dolphina</i>		
		7:30 PM BOLLYWOOD <i>Nisha</i>				

**** All classes are 60 min unless time is noted

PRIVATE INSTRUCTION : We offer any of our classes for individual or group private instruction. Please inquire at the spa desk.

Loews Hotel Guests: \$10 daily fee includes Fitness area, Group classes, and use of Sauna/Steam

Ocean Spa & Fitness Daily Passes: \$25 • Drop in class rates :\$20