



WALDORF ASTORIA®  
MONARCH BEACH RESORT & CLUB

# FITNESS SCHEDULE

START	END	CLASS	LOCATION	INSTRUCTOR
<b>MONDAY</b>				
7:00 am	7:50 am	Lower Body Strength	Yoga & Fitness Studio	Holly
8:00 am	8:45 am	Abs & Core	Yoga & Fitness Studio	Holly
8:30 am	9:20 am	Beach Body Work	Beach Club	Ashley
9:00 am	9:50 am	TRX Suspension Training* (\$25 fee)	Yoga & Fitness Studio	Melanie
9:30 am	10:20 am	Seaside Stretch & Stabilize	Beach Club	Ashley
10:00 am	10:50 am	Boxing & Conditioning	Yoga & Fitness Studio	Melanie
11:00 am	11:50 am	Roll & Recover	Yoga & Fitness Studio	Ashley
3:00 pm	3:50 pm	Gentle Yoga on the Beach	Beach Club	Alex
4:00 pm	4:45 pm	Beach Mindful Meditation	Beach Club	Alex
<b>TUESDAY</b>				
8:00 am	8:50 am	TRX Suspension Training* (\$25 fee)	Yoga & Fitness Studio	Ashley
9:00 am	9:45 am	Flow Yoga	Yoga & Fitness Studio	Alex
9:00 am	9:50 am	Aqua Aerobics	Spa Lap Pool	Julie
9:30 am	10:20 am	Beachside Barre	Beach Club	Ashley
10:15 am	11:00 am	Mat Pilates	Yoga & Fitness Studio	Julie
4:30 pm	5:20 pm	Mat Pilates	Yoga & Fitness Studio	Anya
5:30 pm	6:20 pm	Flow Yoga	Yoga & Fitness Studio	Timea
6:30 pm	7:20 pm	Singing Bowls Meditation	Yoga & Fitness Studio	Timea
<b>WEDNESDAY</b>				
8:00 am	8:50 am	Spin with a View	Grand Lawn	Sheri
8:30 am	9:20 am	Beach Body Work	Beach Club	Ashley
9:00 am	9:50 am	TRX Suspension Training* (\$25 fee)	Yoga & Fitness Studio	Melanie
9:30 am	10:20 am	Beachside Barre	Beach Club	Ashley
10:00 am	10:50 am	Boxing & Conditioning	Yoga & Fitness Studio	Melanie
10:30 am	11:20 am	Seaside Stretch & Stabilize	Beach Club	Ashley
4:00 pm	5:00 pm	R.I.P.P.E.D	Yoga & Fitness Studio	Terry

*\*Reservations for these classes are required.*

*Classes are complimentary for resort guests and members, unless otherwise noted. Spa day guests may attend fitness classes for a \$15 per class fee. Specialty classes are available for an additional fee, as noted above. Guests may cancel up to 4 hours before class for a full refund. No-shows will result in a full charge to guest room or credit card on file.*

START	END	CLASS	LOCATION	INSTRUCTOR
<b>THURSDAY</b>				
8:00 am	8:50 am	Flow Yoga	Yoga & Fitness Studio	Alex
9:00 am	9:50 am	Mat Pilates	Yoga & Fitness Studio	Laura
10:00 am	10:50 am	Cardio & Resistance Interval Training	Yoga & Fitness Studio	Ashley
11:00 am	11:50 am	Roll & Recover	Yoga & Fitness Studio	Ashley
4:00 pm	4:50 pm	Body Sculpt	Yoga & Fitness Studio	Holly
5:00 pm	5:45 pm	Aerial Yoga* (\$45 fee)	Yoga & Fitness Studio	Alex
6:00 pm	6:45 pm	Floating Aerial Meditation* (\$45 fee)	Yoga & Fitness Studio	Alex
<b>FRIDAY</b>				
7:00 am	7:50 am	Lower Body Strength	Yoga & Fitness Studio	Holly
8:00 am	8:45 am	Abs & Core	Yoga & Fitness Studio	Holly
8:00 am	8:50 am	Beach Trail Hike	Spa Front Desk	Melanie
9:00 am	9:50 am	TRX Suspension Training* (\$25 fee)	Yoga & Fitness Studio	Melanie
9:00 am	9:50 am	Aqua Aerobics	Spa Lap Pool	Julie
10:00 am	10:50 am	Mat Pilates	Yoga & Fitness Studio	Julie
11:00 am	11:50 am	Uplifting Morning Flow	Yoga & Fitness Studio	Anya
5:00 pm	5:50 pm	Mat Pilates	Yoga & Fitness Studio	Laura
<b>SATURDAY</b>				
6:45 am	7:30 am	Studio Spin	Yoga & Fitness Studio	Terry
7:45 am	8:30 am	Dance Cardio	Yoga & Fitness Studio	Terry
9:00 am	9:50 am	Flow Yoga	Yoga & Fitness Studio	Laura
9:00 am	9:50 am	Beach Trail Hike	Spa Front Desk	Alex
10:15 am	11:00 am	Aerial Yoga* (\$45 fee)	Yoga & Fitness Studio	Alex
11:15 am	12:00 pm	Floating Aerial Meditation* (\$45 fee)	Yoga & Fitness Studio	Alex
<b>SUNDAY</b>				
8:00 am	8:50 am	Yin Yoga	Yoga & Fitness Studio	Katrina
9:00 am	9:50 am	Yogalates	Yoga & Fitness Studio	Katrina
10:00 am	10:50 am	Studio Barre	Yoga & Fitness Studio	Anya
11:00 am	11:50 am	Mat Pilates	Yoga & Fitness Studio	Anya

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