



WALDORF ASTORIA®
MONARCH BEACH RESORT & CLUB

FITNESS SCHEDULE

WINTER 2023

| START | END | CLASS | LOCATION | INSTRUCTOR |
|------------------|----------|---------------------------------------|-----------------------|------------|
| MONDAY | | | | |
| 7:00 am | 7:50 am | Lower Body Strength | Yoga & Fitness Studio | Holly |
| 8:00 am | 8:50 am | Abs & Core | Yoga & Fitness Studio | Holly |
| 9:00 am | 9:50 am | Outdoor Cardio & Resistance | Beach Club | Ashley |
| 9:00 am | 9:50 am | Aerobics 2.0 | Yoga & Fitness Studio | Melanie |
| 10:00 am | 10:50 am | Seaside Stretch & Stabilize | Beach Club | Ashley |
| 10:00 am | 10:50 am | TRX Suspension Training (\$25 fee) | Yoga & Fitness Studio | Melanie |
| 4:00 pm | 4:50 pm | Aerial Yoga (\$45 fee) | Yoga & Fitness Studio | Alex |
| 5:00 pm | 5:45 pm | Floating Aerial Meditation (\$45 fee) | Yoga & Fitness Studio | Alex |
| TUESDAY | | | | |
| 8:00 am | 8:50 am | Studio Barre | Yoga & Fitness Studio | Ashley |
| 9:00 am | 9:50 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 | Beach Boot Camp | Beach Club | Ashley |
| 10:00 am | 10:50 am | Mat Pilates | Yoga & Fitness Studio | Julie |
| 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 |
| WEDNESDAY | | | | |
| 8:00 am | 8:50 am | Circuit Training | Yoga & Fitness Studio | Sheri |
| 9:00 am | 9:50 am | Outdoor Spin | Grand Lawn | Sheri |
| 9:00 am | 9:50 am | Studio Barre | Yoga & Fitness Studio | Ashley |
| 10:00 am | 10:50 am | Yoga | Yoga & Fitness Studio | Laura |
| 10:15 am | 11:00 am | Seaside Stretch & Stabilize | Beach Club | Ashley |
| 4:00 pm | 4:50 pm | R.I.P.P.E.D. | Yoga & Fitness Studio | Terry |
| 5:00 pm | 5:50 pm | Mat Pilates | Yoga & Fitness Studio | Laura |

**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 |
|-----------------|----------|----------------------------------------|-----------------------|------------|
| THURSDAY | | | | |
| 8:00 am | 8:50 am | TRX Circuit Training* (\$25 fee) | Yoga & Fitness Studio | Ashley |
| 9:00 am | 9:50 am | Studio Barre | Yoga & Fitness Studio | Ashley |
| 10:00 am | 10:50 am | Flow Yoga | Yoga & Fitness Studio | Laura |
| 4:00 pm | 4:50 pm | Body Sculpt | Yoga & Fitness Studio | Holly |
| 5:00 pm | 5:50 pm | Mat Pilates | Yoga & Fitness Studio | Laura |
| FRIDAY | | | | |
| 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 |
| 9:00 am | 9:50 am | Hatha Yoga | Yoga & Fitness Studio | Alex |
| 9:00 am | 9:50 am | Outdoor Cardio & Resistance | Yoga & Fitness Studio | Melanie |
| 10:00 am | 10:50 am | Aerobics 2.0 | Yoga & Fitness Studio | Melanie |
| SATURDAY | | | | |
| 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 | Alex |
| 10:00 am | 10:45 am | Aerial Yoga* (\$45 fee) | Yoga & Fitness Studio | Alex |
| 11:00 am | 11:45 am | Floating Aerial Meditation* (\$45 fee) | Yoga & Fitness Studio | Alex |

**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.

