



WALDORF ASTORIA®  
MONARCH BEACH RESORT & CLUB

# FITNESS SCHEDULE

## SPRING 2024

START	END	CLASS	LOCATION	INSTRUCTOR
<b>MONDAY</b>				
7:00 am	7:50 am	Sculpt & Tone	Movement Studio	Holly
8:00 am	8:50 am	Abs & Core	Movement Studio	Holly
9:00 am	9:50 am	Power Yoga	Meet at Spa Concierge	Lisa
10:00 am	10:50 am	Mat Pilates	Movement Studio	Melanie
11:00 am	11:50 am	Stretch & Core	Movement Studio	Melanie
3:30 pm	4:20 pm	Beach Yoga	Beach Club	Alex
4:30 pm	5:20 pm	Beach Mindful Meditation	Beach Club	Alex
5:00 pm	5:50 pm	R.I.P.P.E.D.	Movement Studio	Kelley
6:00 pm	6:50 pm	Roll & Recover	Movement Studio	Kelley
<b>TUESDAY</b>				
8:00 am	8:50 am	Flow Yoga	Movement Studio	Alex
9:00 am	9:50 am	Kickboxing Cardio	Movement Studio	Lisa
9:00 am	9:50 am	Aqua Aerobics	Spa Lap Pool	Ashley
10:00 am	10:50 am	Studio Barre	Movement Studio	Ashley
11:00 am	11:50 am	Stretch & Core	Movement Studio	Melanie
12:00 pm	12:50 pm	Mat Pilates	Movement Studio	Colleen
4:00 pm	4:50 pm	Flow Yoga	Movement Studio	Timea
5:00 pm	5:50 pm	Singing Bowls Meditation	Movement Studio	Timea
6:00 pm	6:50 pm	Reiki Restore	Movement Studio	Mary
<b>WEDNESDAY</b>				
8:00 am	8:50 am	Total Body Strength	Movement Studio	Sheri
8:00 am	8:50 am	Outdoor Spin	Grand Lawn	Lisa
9:00 am	9:50 am	Barre Fusion	Movement Studio	Sheri
9:00 am	9:50 am	Beach Boot Camp	Beach Club	Ashley
10:00 am	10:50 am	Seaside Stretch & Stabilize	Beach Club	Ashley
10:00 am	10:50 am	TRX Circuit Training	Movement Studio	Melanie
11:00 am	11:50 am	Mat Pilates	Movement Studio	Melanie
12:00 pm	12:50 pm	Total Body Strength	Movement Studio	Karen
3:30 pm	4:20 pm	Restorative Coastal Walk	Meet at Spa Concierge	Kelley
4:30 pm	5:20 pm	Roll & Recover	Movement Studio	Kelley
5:30 pm	6:20 pm	Stretch Yoga	Movement Studio	Kelley

START	END	CLASS	LOCATION	INSTRUCTOR
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**THURSDAY**

9:00 am	9:50 am	TRX Circuit Training	Movement Studio	Ashley
9:00 am	9:50 am	Aqua Aerobics	Spa Lap Pool	Lisa
10:00 am	10:50 am	Flow Yoga	Movement Studio	Lisa
10:15 am	11:05 am	Beachside Barre	Beach Club	Ashley
11:15 am	12:05 pm	Seaside Stretch & Stabilize	Beach Club	Ashley
4:00 pm	4:50 pm	Sculpt & Tone	Movement Studio	Holly
4:00 pm	4:50 pm	Restorative Coastal Walk	Meet at Spa Concierge	Corey
5:00 pm	5:50 pm	Boot Camp Circuit	Movement Studio	Corey
6:00 pm	6:50 pm	Mat Pilates	Movement Studio	Colleen

**FRIDAY**

7:00 am	7:50 am	Sculpt & Tone	Movement Studio	Holly
8:00 am	8:50 am	Abs & Core	Movement Studio	Holly
8:00 am	8:50 am	Outdoor Spin	Grand Lawn	Ashley
9:00 am	9:50 am	TRX Circuit Training	Movement Studio	Ashley
9:00 am	9:50 am	Restorative Coastal Walk	Meet at Spa Concierge	Kelley
10:00 am	10:50 am	Strength & HIIT	Movement Studio	Corey
11:00 am	11:50 am	Stretch & Core	Movement Studio	Corey
12:00 pm	12:50 pm	Mat Pilates	Movement Studio	Colleen

**SATURDAY**

8:00 am	8:50 am	Outdoor Spin	Grand Lawn	Corey
9:00 am	9:50 am	Strength Circuit	Movement Studio	Corey
10:00 am	10:50 am	Flow Yoga	Movement Studio	Alex
11:00 am	11:50 am	Singing Bowls Meditation	Movement Studio	Alex

**SUNDAY**

8:00 am	8:50 am	TRX Circuit Training	Movement Studio	Corey
9:00 am	9:50 am	Restorative Coastal Walk	Meet at Spa Concierge	Corey
10:15 am	11:05 am	Beach Boot Camp	Beach Club	Corey
11:15 am	12:05 pm	Flow Yoga	Movement Studio	Lisa

