



FITNESS CLASSES

MONDAY:

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

TUESDAY :

BEACH WALK & STRETCH (CuisinArt) 9:15am
Meet at the CuisinArt beach bar.

AQUA CYCLING (The Reef) 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.

WEDNESDAY:

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

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

AQUA CYCLING (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:

BEACH WALK & STRETCH (CuisinArt) 9:15am
Meet at the CuisinArt beach bar.

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

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

FRIDAY:

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

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

AQUA CYCLING (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.

SATURDAY:

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

BOOT CAMP BLITZ (CuisinArt) 9:15am
Meet in front of the spa.

AQUA CYCLING (The Reef) 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 and 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 aquacycle