THE SPA at CRANWELL

Fitness Schedule

Happy Holidays Dec 23-29, 2013

All Fitness Classes are $15 each **Free for Passport Members and with select guest packages** **Fitness Center open daily 6:30 a.m. – 9:00 p.m.**

	Monday 12/23	Tuesday 12/24	Wednesday 12/25	Thursday 12/26	Friday 12/27	Saturday 12/28	Sunday 12/29
7:00 AM	*Spin- Cycling *James – 50 Min*	Liquidation *Heather – 50 Min*		Liquidation *Heather – 50 Min*	*Spin-Cycling *Shannon – 50 Min*		
8:00 AM						*Spin-cycling *Halley – 50 Min*	*Spin-cycling *Tom – 50 Min*
9:00 AM	Kripalu Moderate Yoga *Maya – 50 Min*	Strength Cardio Circuit *Donna – 50 Min*	Zumba® *Kim – 50 Min*	Strength Cardio Circuit *Donna – 50 Min*	Zumba® *Donna – 50 Min*	Body Sculpt *Donna – 50 Min*	Pilates *Tom – 50 Min*
9:30 AM	Deep Water Challenge *Heather – 50 Min*						
10:00AM	Yoga Stretch *Maya – 80 Min*	Liquid Force *Heather – 50 Min* Zumba® *Donna – 50 Min*	Pilates *Kim – 80 Min*	Liquid Force *Heather – 50 Min* Pilates *Maya – 50 Min*	Liquidation *NIti – 50 Min*	Zumba® *Donna – 50 Min*	Liquid Force *Tom – 50 Min*
11:00 AM			Moderate Yoga *Kim – 80 Min*		Beginner Fitness Swimmer *Shannon – 50 Min*	Moderate Yoga *Kim – 80 Min*	
12:00 PM	Divine Sleep Yoga Nidra-Deep Meditation and Relaxation *Sherrie – 50 Min*				Kripalu Moderate Yoga *Sherrie – 50 Min*		
1:00 PM						Pilates *Kim – 80 Min*	
3:00 PM							Moderate Yoga *Sherrie – 80 Min*
4:30 PM		*Spin-Cycling *Shannon – 50 Min*		Cardio Kickboxing *Kathy – 50 Min*	Divine Sleep Yoga Nidra-Deep Meditation and Relaxation *Maya– 50 Min*		
5:30 PM		Yoga Stretch *Maya – 50 Min*			Yoga Stretch *Kim – 50 Min*		

***Please sign up in advance for these classes by calling Ext. 721. Classes and Instructors are subject to change without notice, and may be restricted due to class size.**