



THE PHOENICIAN
spa

Fitness Schedule

MAY 2021

Dial ext. 2452 for reservations

	SUN	MON	TUES	WED	THURS	FRI	SAT
9:00am							
9:30am	Aqua Yoga					Aqua Yoga	Yoga Walk
10:00am	Outdoor Flow Yoga	Outdoor Flow Yoga	Outdoor Flow Yoga	Outdoor Flow Yoga	Outdoor Flow Yoga	Outdoor Flow Yoga	Outdoor Flow Yoga
10:30am							
11:00am							
11:30am							
12:00pm							
12:30pm							

Check in for each class at the spa reception desk. Temperature checks and sign-up are required for participation in all fitness activities.

Students are required to wear a face covering in all public places including walking to and from the class location. Face coverings may be removed once on your mat or in the water and practicing.

Outdoor Flow Yoga (60 min) All levels of yoga – high intensity vinyasa flow for a powerful yet balanced practice.

Yoga Walk (50 min) Explore the beautiful Phoenician grounds – power walking, yoga poses and meditation at idyllic spots on property. Face coverings are required for the duration of this class.

Aqua Yoga (50 min) All levels of yoga – relax as you flow with and feel supported by the element of water. *Prior sign-up required – there is a 10 participant maximum*

Classes are complimentary with the purchase of any 50-minute spa treatment if attended on the same day.

Our Outdoor Flow Yoga class (highlighted) is complimentary with the resort charge. All other classes are \$20 – resort guests receive 50% off with resort charge.

All guests please meet at The Phoenician Spa.

Outdoor classes are weather permitting and may be subject to cancellation. Classes may be changed or cancelled without notice. Holiday schedule subject to change. Please allow 10 minutes for check in.

The Phoenician Spa is an adult only facility. Guests 18 years and older are welcome in all areas of the spa, including locker rooms, treatment center and rooftop pool with the purchase of any 50-minute spa treatment. **No guests under the age of 16 years is allowed to attend The Phoenician Spa fitness classes. ID may be required.**