



THE PHOENICIAN
spa

Fitness Schedule

OCTOBER 2021

Dial ext. 2452 for reservations

| | SUN | MON | TUES | WED | THURS | FRI | SAT |
|---------|-------------------|-------------------|-------------------|-------------------|-------------------|-------------|-------------------|
| 7:30am | Outdoor Flow Yoga | Outdoor Flow Yoga | Outdoor Flow Yoga | Outdoor Flow Yoga | Outdoor Flow Yoga | | |
| 8:00am | | | | | | Yoga Walk | Yoga Walk |
| 8:30am | | | | | | | |
| 9:00am | Aqua Yoga ◊ | Aqua YogaMat ◊ | Aqua Yoga ◊ | Aqua YogaMat ◊ | Aqua FitMat ◊ | Aqua Yoga ◊ | Aqua FitMat ◊ |
| 9:30am | | | | | | | Yin & Yang Yoga ◊ |
| 10:00am | | | | | | | |
| 10:30am | | | | | | | |

Sign-up is required for participation in all fitness activities.

Outdoor Flow Yoga and Yoga Walk classes will meet on the North Side of the Spa at the brown Geode rock.

Check in for all other classes at the spa reception desk.

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.

Aqua Yoga ◊ (50 min) All levels of yoga – relax as you flow with and feel supported by the element of water. (Weather Permitting) *Prior sign-up required – there is a 12 participant maximum.*

Aqua YogaMat ◊ (50 min) Practice traditional yoga poses on the Aqua YogaMat. Imagine your yoga mat inflated and floating in a pool environment - improving strength, balance and mental focus. (Weather Permitting) *Prior sign-up required – there is a 6 participant maximum.*

Aqua FitMat ◊ (50 min) Build strength, deepen flexibility and improve balance and coordination in this floating fitness class at our rooftop pool. (Weather Permitting) *Prior sign-up required – there is a 6 participant maximum.*

Yin & Yang Yoga ◊ (75 min) All levels of yoga – combine the aspects of Yin & Yang to bring overall balance. Starting with a deep healing stretch and leading into a gentle flow to release toxins. *This is an indoor class at The Phoenician Spa. Prior sign-up required – there is a 6 participant maximum.*

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

Our first morning class (highlighted) is complimentary with the resort charge. All other classes are \$20.

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 guest under the age of 16 years is allowed to attend The Phoenician Spa fitness classes. ID may be required.