



THE PHOENICIAN  
spa

# Fitness Schedule

**NOVEMBER 2021**

Dial ext. 2452 for reservations

	SUN	MON	TUES	WED	THURS	FRI	SAT
9:00am	Aerial Yoga ◊	Yin & Yang Yoga ◊	Energy Flow Yoga ◊	Yin & Yang Yoga ◊		Yin & Yang Yoga ◊	In-Trinity Experience ◊
9:30am							
10:00am					In-Trinity Experience ◊		
10:30am	Outdoor Flow Yoga	Outdoor Flow Yoga	Yoga Walk	Outdoor Flow Yoga	Yoga Walk	Outdoor Flow Yoga	Yoga Walk
11:00am							
12:00pm							
4:00pm						Relax Yoga ◊	Relax Yoga ◊

**Sign-up is required for participation in all fitness activities. ◊ Limited space available. Reservation required. 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.**

**Aerial Yoga (75 min)** All levels of yoga – this modern style of yoga allows you to suspend in a silk hammock taking your practice to new heights. *This is an indoor class at The Phoenician Spa. Prior sign-up required – there is a 6 participant maximum.*

**Energy Flow Yoga (60 min)** All levels of yoga – high intensity vinyasa flow for a powerful yet balanced practice. *This is an indoor class at The Phoenician Spa. Prior sign-up required – there is a 6 participant maximum.*

**In-Trinity Experience (50 min)** Breathe new life into traditional practices like yoga, pilates and martial arts, on this uniquely designed land board. *This is an indoor class at The Phoenician Spa. Prior sign-up required – there is a 6 participant maximum.*

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

**Relax Yoga ◊ (75 min)** Restorative/Yin Yoga releases tension in the body and mind by moving into deeply-held poses. Breathe \* Nurture \* Restore \* Relax *This is an indoor class at The Phoenician Spa. Prior sign-up required – there is a 6 participant maximum.*

**Yoga Walk (50 min)** Explore the beautiful Phoenician grounds – power walking, yoga poses and meditation at idyllic spots on property.

**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 Outdoor Flow Yoga and Yoga Walk (highlighted) are complimentary with the resort charge. All other classes are \$20. Classes marked with ◊ indicate limited space availability and require prior registration.

**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.**