

# Fitness Schedule

## May through September 2025

Dial ext. 2452 for reservations

	SUN	MON	TUES	WED	THURS	FRI	SAT
7:30am outdoor	Outdoor Flow Yoga	Outdoor Flow Yoga	Wellness Walk	Outdoor Flow Yoga	Wellness Walk	Outdoor Flow Yoga	Wellness Walk
9:00am water	Aqua Yoga	Aqua Yoga Mat SUP ◊	Aqua Yoga	Aqua Fitness	Aqua Yoga	Aqua Fitness	Aqua Yoga Mat SUP ◊
9:00am indoor	Aerial Yoga ◊		Energy Flow Yoga		Aerial Yoga ◊		Slow Flow Yoga
10:30am indoor	Deep Stretch & Meditation	Yin & Yang Yoga		Aerial Relax ◊		Flying Pilates ◊	Flying Pilates ◊
4:00pm indoor					Aerial Sound ◊	Sound Meditation	Aerial Sound ◊

**Aerial Relax ◊ (60 min)** Aerial Relax Yoga is a restorative yoga that incorporates a silk hammock hanging at knee-height. The hammock gently supports and elevates different parts of your body, while the rest of the body is fully grounded on your mat. This deep meditative stretch class is providing you with new levels of therapeutic stretches and spinal releases. *Prior sign-up required – there is a 12 participant maximum.*

**Aerial Sound Meditation ◊ (45 min)** All levels of yoga – Experience vibration and sound as you climb into the aerial silk cocoon and being invited to some gentle movement, receive guided meditation and bask in the sound of crystal bowls and other sounds. Connect with breath and sound, invite the mind to relax, and restore your whole being. *Prior sign-up required – there is a 12 participant maximum.*

**Aerial Yoga ◊ (60 min)** This modern style of yoga incorporates a silk hammock hanging waist-high. It is a perfect class for experienced yogis, adding a new dimension to complement existing on-the-ground practice. Aerial Yoga is both an athletic and acrobatic class. *Prior sign-up required – there is a 12 participant maximum (not for expecting mothers).*

**Aqua Yoga (45 min)** All levels of yoga – relax as you flow with and are supported by the element of water. *Weather Permitting*

**AquaYOGA Mat ◊ (45 min)** This unique class practices traditional yoga poses on the STAND-UP PADDLE BOARD. Imagine your yoga mat inflated and floating in a pool environment, working toward improving strength, balance, and mental focus. Remember to wear your swimsuit, sunglasses, and plan to get drenched. This very fun and athletic class will take you through all of your core muscle anatomy! *Weather Permitting. Prior sign-up required – there is a 6 participant maximum.*

**Aqua Fitness (45 min)** An amazing low-impact, head-to-toe workout for beginners or seasoned exercisers held in our heated rooftop pool. *Weather Permitting*

**Deep Stretch & Meditation (60 min)** All levels – The slower pace of this class allows for complete focus on stretching and relaxing the body while improving flexibility and mental clarity.

**Flying Pilates ◊ (60 min)** All levels - This fun and inspiring class utilizes the silk hammock to perform a variety of exercises working on inner strength, flexibility, balance, and overall body conditioning. *Prior sign-up required – there is a 12 participant maximum (not for expecting mothers).*

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

**Energy Flow or Slow Flow Yoga (60 min)** All levels of yoga – Move through a series of fluid postures with an emphasis on linking your breath with movement while relieving tension in the body and moving mindfully.

**Sound Meditation (45 min)** Experience vibration and sound, receive guided meditation and bask in the sound of crystal bowls and other sounds. Connect with breath and sound, invite the mind to relax, and restore your whole being.

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

**Yin & Yang Yoga (60 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.

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

The highlighted 7:30am classes are complimentary to Resort Guests with the resort charge.

All other classes are \$30 for Resort Guests.

Classes marked with ◊ indicate limited space availability and require prior registration.

All classes will accommodate beginners to the more experienced.

**All guests please meet at The Phoenician Spa. Classes starting prior to 9am will meet on the Resort (north) side of the Spa at the brown geode rock.**

Outdoor classes are weather permitting and may be subject to cancellation. All classes may be changed or cancelled without notice. Holiday schedule subject to change. Please allow 5 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. ID may be required.

**No guest under the age of 16 years is allowed to attend The Phoenician Spa fitness classes. ID may be required.**