

WELLNESS & WORKOUT CALENDAR - OCTOBER TO DECEMBER 2024

MONDAY

HIIT

7:00PM – 7:45PM
Level 5

A full-body cardio workout that focuses on training at maximum effort for short periods. This class incorporates bodyweight resistance exercises that guarantee the burn for days to follow.

TUESDAY

VINYASA YOGA

8:00AM – 9:00AM
Level 5

We bring our focus to the breath and meditation, holding varied poses that condition the body as well as alleviate stress. This practice moves at a faster pace with the intention of improved flow.

WEDNESDAY

HATHA YOGA

7:00PM – 8:00PM
Level 5

Set at a slower pace, we bring our focus to the breath and meditation, holding varied poses that condition the body as well as alleviate stress.

THURSDAY

MOVEMENT MEDITATION

7:00PM – 8:00PM
Level 5

Practice tuning out distractions and maintaining a calm mind while tuning into yourself. Learn how to be in total command of your body.

FRIDAY

PILATES

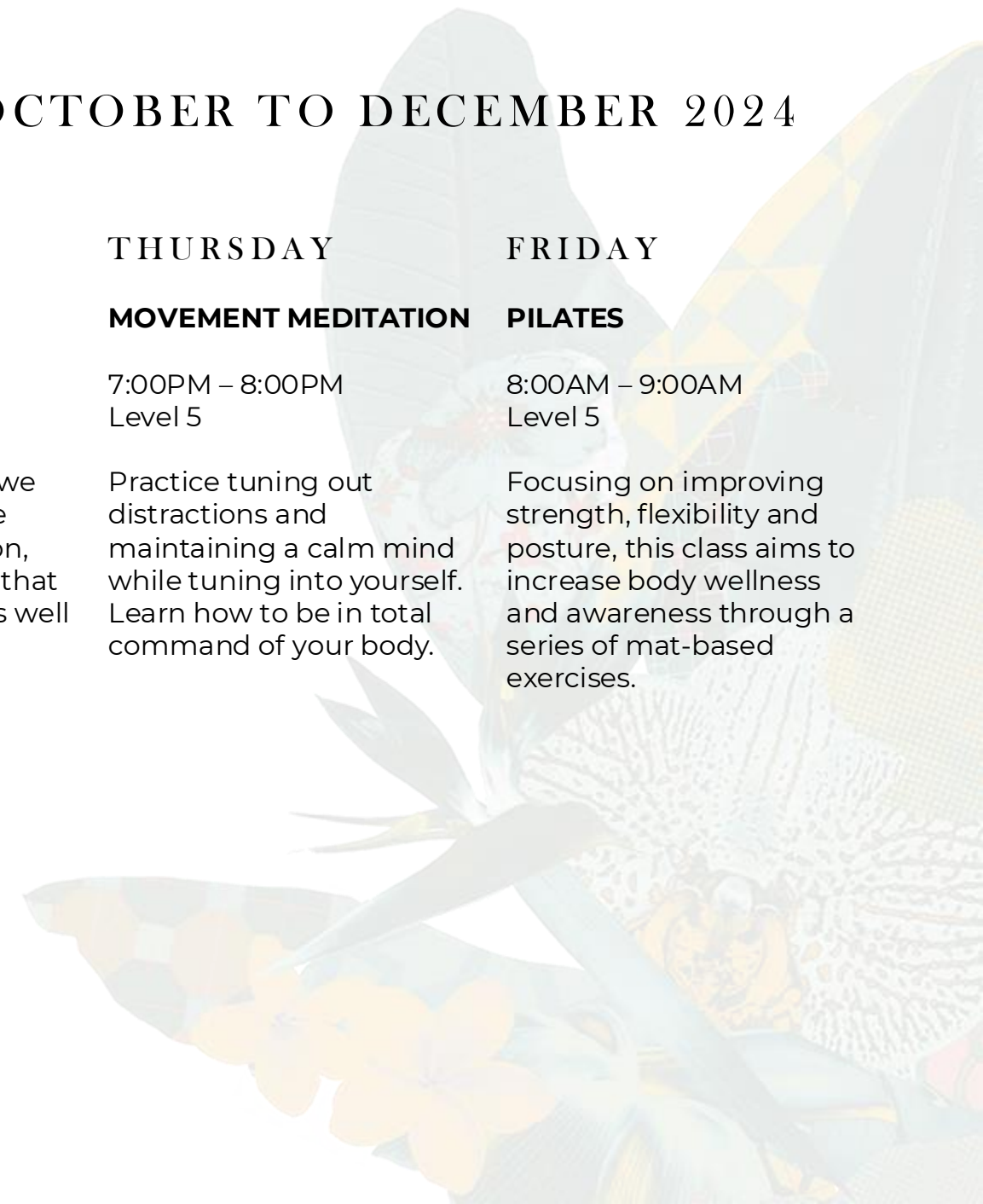
8:00AM – 9:00AM
Level 5

Focusing on improving strength, flexibility and posture, this class aims to increase body wellness and awareness through a series of mat-based exercises.



Scan to view the full Wellness & Workout Menu.

Kindly contact Guest Services for more information.



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SATURDAY

WAY OF THE WATER

5:00PM – 5:45PM
Rooftop Pool

Learn how to move freely — like water. This class focuses on self-discovery where you decide how much of yourself rises to the surface (quite literally). We're looking to reconnect the body and mind in a session where water is our aid.

SUNDAY

RESTORATIVE SOUND MEDITATION

9:00AM – 10:00AM
Level 5

This class begins with intention setting and sharing, followed by breath and vocal explorations, flowing into mantras and songs of the heart. It closes with embodied movement to ground, open and connect deeply with the body.



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