

June 2013

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2 NIA 11:00a-12:30p	3	4 Nutritional Series 10:00a-1130a	5	6 AiChi/Water Yoga 11:00a-12:15p	7	8
9 Gentle Yoga 11:00a-1:00p Yoga Movement 2:00p-4:00p	10	11	12	13 Spin into TRX 12:15p-1:30p Yoga Sound Healing 2:00p-4:00p	14	15
16 Pilates 11:00a-1:00p	17	18	19	20 Water Yoga 11:00a-12:30p	21 Zumba 11:00a-12:30p	22
23 Qi Gong 11:00a-1:00pm Four Paths of Yoga 2:00p-4:00p	24	25	26	27 Spin into TRX 12:15p-1:30p	28	29
30 Loving Relationship 2:00p-4:00p						

Workshop pricing is \$45.00/ per person. Both resort and day spa guests (over the age of 18) are invited to participate.
 Dates & times subject to change. For reservations please dial +1 (877) 289-7354.

July 2013						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4 Ai Chi 11:00a-12:15p	5	6
7	8	9	10	11 Spin into TRX 12:30p-1:15p	12	13
14 Gentle Yoga 11:00a-1:00p 4 Paths of Yoga 2:00p-4:00p	15	16	17	18 Water Yoga 11:00a-12:30p	19	20
21 NIA 11:00a-12:30p Pilates 1:00p-3:00p	22	23	24	25 Yoga Sound Healing 2:00p-4:00p	26	27
28 Zumba 11:00a-12:30p Feng Shui Creating Abundance 1:00p-3:00p	29	30	31			

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August 2013

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Ai Chi Water Yoga 11:00a-12:15p	2	3
4 NIA 11:00a-12:30p	5	6	7	8	9	10
11 Gentle Yoga 11:00a-1:00p	12	13	14	15 Water Yoga 11:00a-12:30p Spin into TRX 12:15p-1:30p	16	17
18 Pilates 11:00a-1:00p Four Paths of Yoga 2:00p-4:00p	19	20	21	22	23 Zumba 11:00a-12:30p	24
25 Loving Relationship 2:00p-4:00p	26	27	28	29 Yoga Sound Healing 2:00p-4:00p	30	31

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September 2013

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5 Ai Chi 11:00a-12:15p	6	7
8	9	10	11	12	13	14
15 Gentle Yoga 11:00a-1:00p	16	17	18	19	20	21
22 NIA 11:00a-12:30p Four Paths of Yoga 2:00p-4:00p	23	24	25	26	27	28
29	30					

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October 2013

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3 Ai Chi 11:00a-12:15p	4	5
6 NIA 11:00a-12:30p	7	8	9	10	11	12
13 Gentle Yoga 11:00a-1:00p Loving Relationship 2:00p-4:00p	14	15	16	17 Water Yoga 11:00a-12:30p	18 Zumba 11:00a-12:30p	19
20 Pilates 11:00a-1:00p Four Paths of Yoga 2:00p-4:00p	21	22	23	24 Spirit of Aloha 11:00a-1:00p	25	26
27	28	29	30	31		

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November 2013

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4	5	6	7 Ai Chi 11:00a-12:15p	8	9
10 Gentle Yoga 11:00a-1:00p	11	12	13	14	15 Zumba 11:00a-12:30p	16
17 NIA 11:00a-12:30p	18	19	20	21 Water Yoga 11:00a-12:30p	22	23
24	25	26	27	28	29	30

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December 2013

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 NIA 11:00a-12:30p	2	3	4	5 Ai Chi 11:00a-12:15p	6	7
8 Gentle Yoga 11:00a-1:00p	9	10	11	12	13	14
15 Four Paths of Yoga 2:00p-4:00p	16	17	18	19 Water Yoga 11:00a-12:15p	20	21
22	23	24	25	26	27	28
29 Zumba 11:00a-12:30p	30	31				

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