Wellbeing Tracker

Wellbeing encompasses a diverse workout routine, an emphasis on recovery, and living a healthy and balanced lifestyle. Keep track of your goals with this Wellbeing Tracker

WEEKLY GOALS

- 2 Barre classes
- 1 Cardio or HIIT class
- 1 Yoga class
- 1 (or more) Recovery days (ideas: Chill Yoga, massage, Epsom salt bath)

WEEK 1

- Barre
- Barre
- Cardio/HIIT
- Yoga
- Recovery

WEEK 2

- Barre
- Barre
- Cardio/HIIT
- Yoga
- Recovery

WEEK 3

- Barre
- Barre
- Cardio/HIIT
- Yoga
- Recovery

WEEK 4

- Barre
- Barre
- Cardio/HIIT
- Yoga
- Recovery

Continue tracking your wellbeing by downloading our printable version: bit.ly/wellbeingtracker

EXHALE BERMUDA
76 Pitts Bay Road, Hamilton HM08, Bermuda
441.298.6046

BUT FIRST, EXHALE.

YOUR ULTIMATE GUIDE TO EXHALE’S FITNESS PROGRAM

EXHALESPA.COM
facebook.com/exhalespa | instagram: @exhalespa @exhalebermuda
twitter: @exhalespa
NEW GUEST INTRO OFFERS

2 classes for the price of 1 | $30

CLASS PACKAGES

| Single class | $30
| 5 class pack | $120 ($24/class)
| 10 class pack | $230 ($23/class)
| 20 class pack | $430 ($21.5/class)
| 4 weeks unlimited classes | $205

MEMBERSHIP OPTIONS

Class Membership
- Unlimited classes at Exhale Bermuda
- 25% off Exhale spa therapies
- 15% off boutique purchases
$185/month

Fitness Membership
- Unlimited classes at Exhale Bermuda
- Exhale Gym access
- 25% off Exhale spa therapies
- 15% off boutique purchases
- 10% off personal training
$205/month

GYM HOURS

Monday - Friday | 6am - 9pm
Saturday - Sunday + Holidays | 8am - 8pm

Pricing

Single Session

<table>
<thead>
<tr>
<th>30-minute</th>
<th>Single</th>
<th>Duo</th>
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<tbody>
<tr>
<td>$60</td>
<td>$60</td>
<td>$85</td>
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| 60-minute | $115 | $150 |

5 Pack

| 30-minute | $275 | $400 |
| 60-minute | $555/session | $80/session |

5 pack

| 60-minute | $550 | $725 |
| $110/session | $145/session |

10 pack

| 30-minute | $500 | $750 |
| 60-minute | $50/session | $75/session |

10 pack

| 60-minute | $1050 | $1400 |
| $105/session | $140/session |

Personal Training

HIIT 30
Don’t hold back. This exhilarating, high-intensity interval training class is just 30 minutes of non-stop movement. For maximum efficiency, it’s all done in one place: on your mat. Fire it up with high-intensity intervals using weights, core balls, and your own body weight. Tone and strengthen as you sweat with scalable, full-body exercises proven to bring your fitness to a maximum. Get lost in the moment and come out stronger. (Sneakers required)

Cardio Blast
We’ve redefined Cardio training. This 45-minute, non-stop workout will keep your mind engaged — and give you real results. It’s the perfect combination: cardio intervals to break a sweat. Kick-boxing moves to tone and strengthen. You’ll leave with an endorphin-high and a healthier body. (Sneakers required)

YOGA

Power Yoga
Strike a Power pose. This is flowing, athletic yoga — with a dash of energy and personal discovery. Build strength and tone your whole body as you move to upbeat tracks. Along with a few deep breaths, you’re in for a sweat-inducing, mood-boosting hour. You’ll leave feeling powerful, strong, and ready for anything.

Flow Yoga
Mindful movement. Athletic, inspiring flows. Deep breaths. Because of the smooth way the poses run together, and the focus on alignment, this is our most popular yoga class. Flow to the latest beats through poses that leave you a little stronger, a little sweater, and a lot more relaxed than when you came in.

Chill Yoga
This is the class you never knew you needed. Picture a dark room, a blanket, bolster, and mat — and the most relaxing hour of your day. Through long-held, restorative poses, you’ll relieve hard-worked muscles, take a break from the daily hustle, and enjoy an hour to simply “chill”. Your mind — and your body — will thank you.

STAND UP PADDLE BOARD

SUP Basics
An ocean paddle adventure awaits. This Stand-Up Paddle session is a 60 minute experience that introduces the basics of SUP during an easy, fun adventure on the water. Challenge your body, while building confidence and balance as you learn stand up paddling at the picturesque Princess Beach Club. No experience needed! Our certified instructors will guide you through: board stance and position; steering, stopping and turning; paddle stroke technique; moving from kneeling to standing; and safely entering and exiting the board.

Yoga + Paddleboard
Lengthen, strengthen, and sweat in the sun. This 60-minute class includes a paddle boarding adventure with your favorite Exhale yoga flow, all on the water, at the Princess Beach Club.

*Swimsuit or active wear required. Price includes paddle board rental and guided paddle board instruction. This class is open to Hamilton Princess Guests & exhale Members. Twenty-four hour pre-booking is required for Stand Up Paddle board.