

### Abs Cycle Blast- Bobby

Effectively focusing on abdominal work using metabolic resistance training and strengthening to improve your core. Throughout class find yourself rotating on spin bikes to increase heart rate, benefiting from cardio intervals.

### Barre- Sofia/Irma

Pilates and Ballet moves give you beautiful sculpted, long lean muscles to improve posture, alignment and tone. Using your body weight for resistance, this class will challenge your core, stability and balance.

### Beach Yoga-Brooklyn

Wake up feeling amazing as the landscape around you. Free flowing yoga based movements and poses applied on blanketed sand. Be present in your moment, feeling the Earth in its natural state.

### Bottoms Up, Abs Out!-Luana

Enhance your "show" muscles the proper way. Focus on lower body and core moves to target your booty and midsection!

### Breath of Life Meditation-Katy

Let your breath guide you into deep relaxation. Reduce stress, emotional and physical blockages. Experience healing, clarity, and transformation.

**Cardio Blast**-Bobby- High-calorie burning class, using spin bikes, lightweights, and infusing plyometrics.. Burn fat and build muscle in this ultimate burner of a class!

### Deep House Hatha-Dan

Deep house mixed for an UNBROKEN music experience. Find your flow with this fluid, medium level intensity class. Designed to build heat so that you can enjoy an extended cool down with long restorative poses.

### Happy Back Yoga-Lauren

Perfect class for anyone who has chronic back pain or an outstanding injury. This class will safely stretch what is tight, strengthen what is weak and allow your body to perform everyday activities with more ease and less tension.

### Hiva Fitness (Tahitian Dance)-Puna

Immerse yourself in the drumbeats of the islands. Traditional hip-shaking moves provides for an authentic cultural experience.

### The H.I.I.T. Box- Jay + Luana

Show us what you got! Interval training focusing on heartrate and your WILL to not stop. Cardiovascular, strength, and endurance is all enhanced using punching bags, barbells, kettlebells, and your own body weight. Designed for all levels, expect positive intensity!!

### H.I.I.T Circuit-Lauren

Ever changing interval stations designed to enhance, strengthen, and increase your level of fitness and conditioning.

. Using body weight, strength equip, TRX, etc.

### Nalu Spin-Cassie/Jessi/Kiele

High intensity cycling workout to build endurance, stamina and your lower body. Pace yourself or let our instructor take you to new levels!

### Pilates Reformer / Get Lifted Pilates

*Jessica H / Taylor / Kristen*

Mind Body - Core Strength - Core Stability  
Rhythmic, flowing sets of movements.  
Increase strength, flexibility and stamina while improving alignment, balance, coordination and tone.

### Pool Fit-Bobby

Deep water conditioning held in the resort pool. Increase stamina, muscular endurance, and total body conditioning that will challenge you while having fun at low impact

### Pound-Luana

Cardio jam session inspired by the infectious, energizing, and sweat-dripping fun of playing the drums!

### Restorative Yoga-Brooklyn

Allow your body to melt into more passively held stretches. Moving mindfully from one pose to the next you will feel the natural progression of the practice from beginning to end.

### Spin & Strength-Fitness Team

High energy fusion class combining the benefits of strength training thru body weight exercises, dumbbells, and/or TRX while building endurance, and leg strength thru motivated cycling. 2 inspired workouts, 1 exceptional class!

### Sunset Yoga Meditation-Katy

Rejuvenate body and mind on the Turtle Bay shoreline. Listen to waves, feel the ocean breeze, and watch palms sway as tension melts away. (Outdoors) Mats can be provided. Rain or shine.

### TRX-Luana/Mitch

Make your body a machine with our TRX suspension training straps. No weights just your body to strengthen muscles, core and balance. This class will give you an effective total body workout. All levels.

### TRX Sport-Luana/Mitch

Turn it up a notch. Athletic inspired movements focusing on enhancing strength, speed, and performing at your optimal level. Plyometric infused exercises will challenge and inspire you to dig a little deeper!

### Yoga Sculpt-Chieko

Designed to tone and sculpt every major muscle group. Fitness principles compliment yoga practice while boosting metabolism and pushing strength and flexibility.

### Yogalates-Taylor

Combine cardio flow, Pilates, fitness conditioning, and restorative stretching all in one. Develop core strength and stabilization through Pilates poses and improve flexibility, muscular strength, posture and alignment through yoga.