

Long & Lean Barre Workout - High-repetition exercises and mat work combine to strengthen, tone and balance your whole body in this workout at the ballet barre.

Meditation & Breathing (20 min) - Learn techniques to reduce stress, increase mindfulness, and calm the mind to relax the body. This class combines breathing exercises to heighten presence through focusing on the breath.

Metabolic Meltdown (Level II-III)- An intense full body workout designed to spike your body's metabolic rate. Jump, crawl, push and swing as you melt away unwanted body fat and improve lean body mass.

Mind Your Muscle- Combine strength and yoga together by alternating yoga postures in a circuit style class.

Muscle Conditioning - A basic strength training workout utilizing free weights and exercise tubes. Perfect for beginners or those wanting a basic strength training "refresher".

Morning Walk - A perfect way to start your day... This walk is on a flat paved surface alongside the beach with views of the surf and sand. Pace varies.

Nia - Embrace a low impact and language/sensory-based movement practice that blends dance, martial arts and healing arts. A fun class with inspiring music suitable for all fitness levels.

Physio Ball Physique- Improve muscle tone, coordination, and flexibility with the stability ball.

Pilates Advanced (Level II) - Building on Pilates Mat fundamentals, this class challenges one's strength and flexibility to create a strong and healthy body. Previous Pilates experience required.

Pilates Infused Yoga - Experience a unique sense of "Fluid Strength" by combining Vinyasa yoga traditions and Pilates principles in one workout. A short flow sequence of yoga poses that provide deep stretching are followed by a short series of stabilizing Pilates exercises that tone, lengthen and align the body and mind. Intermediate levels welcome. (Prior experience to at least one discipline recommended.)

Pilates Mat - This method of mental and physical conditioning emphasizes core strength, muscular balance, concentration and breath.

Pilates Plus Props (Level II-III) - Take your Pilates knowledge and your body to the next level with a more challenging mat workout using various props for improved awareness and coordination.

Power Stride (Limit 10) - Bring your walk indoors and challenge yourself on the treadmill with a cardio workout combined with rubber tubing to provide strength intervals. Options will be provided for walking, jogging, or running.

Power Yoga Express- A multi-level Power Yoga class in 45 minutes! Previous Yoga experience suggested.

QiGong- Soothe away stress through the fusion of love and power in this dynamic and alluring ancient Chinese (QiGong="Chee-gong") practice. Enhance endurance, energy and relaxation. Appropriate for all levels.

Restorative Yoga- Experience deep relaxation for healing and rejuvenation. Bolsters and props are used in gentle, supported poses.

Rhythmic Moves (20 Min)- A fluid stretch class with constant movement set to music.

Rock Wall Basics (Limit 6) - Learn the basics for climbing the rock wall, exercises to become stronger on the wall and safety measures taken to safely climb to the top. Register at the Spa Reception Desk.

Rock Wall Boot Camp (Level II-III) (Limit 6) - Include the rock wall in one of the most challenging boot camp experience. Drills for speed, strength, and agility are also included as you take on the rock wall. Register at the Spa Reception Desk.

Rockin Retro (Limit 25)- Get your heart pumpin' and spark nostalgia in this low-impact class featuring fun and easy choreography set to music from the '60s, '70s and '80s.

Roll & Relax- Learn the basics of foam rolling and self-myofascial release as well as effective ways to stretch followed by relaxation. Emphasis on Lower extremities and lower back. All levels.

Rope & Run- (Level II-III) - An intense full body workout designed to spike your body's metabolic rate. Alternate between Battle Ropes and different running/agility drills to improve speed and quickness, and melt away unwanted body fat and improve lean body mass. Dig deep and find the warrior within!

Stretch - Improve total body flexibility.

Stride (Limit 10) - A motivating group treadmill workout incorporating interval training with options for walking, jogging, or running.

Sun Salutations (Level II-III) - The Sun Salutation Pose, also known as Salute to the Sun and Surya Namaskar, is a flowing series of 12 poses which help improve strength and flexibility of the muscles and spinal column. This pose also warms up the body and tones the abdominal muscles. Level II-III.

TRX @ Circuit (Level II-III) (Limit 8) - No corners to cut – just hard work, sweat and fun. Alternate between TRX exercises and athletic drills that ramp metabolic burn and elevate heart rate!

TRX @ Strength (Level II-III) (Limit 8) - A total body strength program using the TRX Suspension System. Ideal for individuals ready to take their strength workouts to the next level.

Upper Body Blast (20 Min)- Everything Upper Body. Tone, sculpt, and strengthen the arms, chest, and back using a variety of equipment, and/or bodyweight exercises.

Weight Room Circuits (Limit 10) - Learn how to effectively use our weight room for circuit training using the resistance training machines and our cardiovascular machines.

Whole Lotta Tabata- 20 seconds bouts of high intensity training followed by 10 seconds of rest X 8 = 4 minutes intervals to burn calories, challenge your aerobic capacity and a "whole lot more" in this easy to follow aquatic workout. All levels.

Yin Yoga - This class is based on the fundamentals of Yin Yoga or Taoist Yoga, which is to apply long passive holding in asana to penetrate the body deeper than the muscle tissue. This quiet practice cultivates a deep sense of peacefulness and a heightened sense of energy throughout the body. No standing poses. All levels welcome. All levels

Yoga on the Beach - For those who don't mind a little sand between your toes, enjoy the sea breeze as you bring health to your body and mind. This a hatha yoga based class (no vinyasa flow) on the beach. All levels welcome.

Yoga Foundations - This class focuses on alignment in basic postures including standing, kneeling and seated positions, with emphasis on yoga breathing.

Zumba! (Limit 25) - Ditch the workout and join the party with this fun and exciting Latin dance-based cardio experience. Great music and fun moves make this calorie-burning class the most fun in your day.

Kid and Family Programming

We are pleased to offer a variety of kid and family fitness opportunities to promote physical activity, interaction and family fun!

Parents please keep in mind the following:

- SuperFit Kids programming is appropriate for children and youth ages 5-13.

- For SuperFit Kids classes, parents should drop their child/ children off at the class location 5 minutes prior to class start and check-in with the instructor, then return to pick up child/children at the end of the class. It is very important that children be prepared with shoes, sunscreen and water.

- SuperFit Families and Family Programming (Rock wall and Yoga) include children AND parent (s). Parents please do not send your child/children solo.

Specific Kids and Family Programming Offerings:

SuperFit Kids Classes (Ages 5-13) - Youth programming is built on the foundation of FUN! Trained instructors lead activities and games teaching your children that exercise is enjoyable. KidFit offers activities suitable for this age group, challenging physical development in a fun and safe environment.

- SuperFit Kids: Olympics
- SuperFit Kids: Games

Family Rockwall - Our rock climbing wall is the centerpiece in this family-oriented activity as families can come together and enjoy the thrill of climbing the wall. Bring your camera for this fun activity. All ages are welcomed, however, all children are required to fit safely into the climbing harness and helmet and must weigh a minimum 55lbs. Registration required at the Spa Reception Desk.

SuperFit Families - SuperFit Families is geared toward building a strong foundation of wellness for the entire family. Through a variety activities guaranteed to make you sweat and laugh. Ages 5+.

Fitness Guidelines

- There is no admittance to classes 5 minutes after class has commenced.

- The use of cell phones is prohibited in all spa and fitness areas.

- Children must be 14 years or older to participate

in classes or enter the fitness area.

- Proper attire and footwear is required on the

fitness floor and classes.

- All classes are subject to space limitations for the safety and enjoyment of our guests.

- All classes, lectures and demonstrations are

subject to change and cancellation

THIS WEEK'S SCHEDULE

AUGUST 24-30, 2015



MONDAY ENERGY

7 AM Morning Walk *Meet in the Library*

8 AM Advanced Cycle II-III (Limit 19)
Meditation & Breathing (20 min) *Movement Studio 1*
Movement Studio 3

8:30 AM Intermediate Power Yoga II-III (75 min) *Movement Studio 3*

9 AM Indoor Cycling (Limit 19) *Movement Studio 1*
Boxing Skills and Drills II-III (Limit 12) *Movement Studio 2*

10 AM Stretch *Ocean Studio*
Body Weight Blast II-III *Movement Studio 3*
Aqua Strength *Atlantic Pool*
TRX Strength II-III (Limit 8) *North Tower Lawn*
**Getting Started at The Carillon *Meet in the Library*

11 AM Indoor Cycling (Limit 19) *Movement Studio 1*
Muscle Conditioning *Movement Studio 2*
H2O Power *Atlantic Pool*

12 PM Yin Yoga *Ocean Studio*
Zumba! (Limit 25) *Movement Studio 2*
Metabolic Meltdown II-III *Movement Studio 3*
Weight Room Circuits (Limit 10) *Weight Room*
u**Body Comp Assessment (Limit 3) *Spa Reception*

2 PM Stretch *Ocean Studio*
20 min Legs *Movement Studio 2*
u Rockwall Basics (Limit 6) *Rock Wall*
♠ SuperFit Kids: Games *North Tower Lawn*

2:30 PM A.B.S Express *Movement Studio 3*

3 PM Power Yoga Express *Ocean Studio*
Physio Ball Physique *Movement Studio 2*
Roll & Relax *Movement Studio 3*

4 PM Rockin Retro (Limit 25) *Movement Studio 2*
Mind Your Muscle *Movement Studio 3*
TRX Circuit II-III (Limit 8) *North Tower Lawn*

5 PM Yoga Foundations *Ocean Studio*
Aqua Stretch *Atlantic Pool*
Body Weight Basics I-II *Movement Studio 3*

6 PM Indoor Cycling (Limit 19) *Movement Studio 1*
20-10 Fierce II-III *Movement Studio 2*

7 PM Stride (Limit 10) *Weight Room*
Stretch *Movement Studio 2*

TUESDAY STRENGTH

7 AM Sun Salutations II-III *Meet in the Library*

8 AM Meditation & Breathing (20 min) *Ocean Studio*
Advanced Cycle II-III (Limit 19) *Movement Studio 1*
Metabolic Meltdown II-III *Movement Studio 2*

8:30 AM Intermediate Power Yoga II-III (75 min) *Ocean Studio*

9 AM Indoor Cycling (Limit 19) *Movement Studio 1*
Advanced Boxing II-III (Limit 12) *Movement Studio 2*
Basic Balance (20 min) *Movement Studio 3*

9:30 AM Foam Rolling Foundation (20 min) *Movement Studio 3*

10 AM Stretch *Ocean Studio*
Muscle Conditioning *Movement Studio 2*
Gyrokinesis *Movement Studio 3*
TRX Strength II-III (Limit 8) *North Tower Lawn*
**Getting Started at The Carillon *Meet in the Library*

11 AM Yoga Foundations *Ocean Studio*
Indoor Cycling (Limit 19) *Movement Studio 1*
Pilates Mat *Movement Studio 2*
\$ uKinesis (Limit 4) *Sunrise Studio*
Aqua Strength *Atlantic Pool*

12 PM Zumba! (Limit 25) *Movement Studio 2*
Roll & Relax *Movement Studio 3*
Aqua Stretch *Atlantic Pool*
Weight Room Circuits (Limit 10) *Weight Room*
**Understanding Neck and Back Pain *Horizon Room*

2 PM Stretch *Ocean Studio*
Long & Lean Barre Workout (Limit 12) *Movement Studio 2*
Power Yoga Express *Movement Studio 3*

3 PM u Rock Wall Bootcamp (Limit 6) *Rock Wall*
Power Stride (Limit 10) *Weight Room*
Pilates with Props *Movement Studio 2*

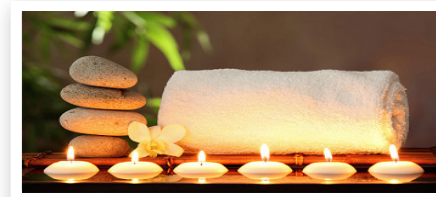
4 PM Cardio Jam (Limit 25) *Movement Studio 2*
20 min Legs *Movement Studio 3*
♠ SuperFit Kids: Olympics *North Tower Lawn*
u**Body Comp Assessment (Limit 3) *Spa Reception*

4:30 PM A.B.S Express *Movement Studio 3*

5 PM Breathe! Strategies for Stress Relief *Ocean Studio*
Cardio Kickboxing *Movement Studio 2*
Roll & Relax *Movement Studio 3*
TRX Circuit II-III (Limit 8) *North Tower Lawn*

6 PM Rope & Run II-III *North Tower Lawn*
QiGong on the Beach *Meet in the Library*

7 PM Stretch *Movement Studio 3*
Weight Room Circuits (Limit 10) *Weight Room*



WEDNESDAY BALANCE

7 AM Morning Walk *Meet in the Library*

8 AM Meditation & Breathing (20 min) *Ocean Studio*
Advanced Cycle II-III (Limit 19) *Movement Studio 1*
Power Stride (Limit 10) *Weight Room*

8:30 AM Intermediate Power Yoga II (75 min) *Ocean Studio*

9 AM Indoor Cycling (Limit 19) *Movement Studio 1*
Gyrokinesis *Movement Studio 2*
TRX Strength II-III (Limit 8) *North Tower Lawn*

10 AM Stretch *Ocean Studio*
Boxing Skills and Drills II-III (Limit 12) *Movement Studio 2*
Mind Your Muscle *Movement Studio 3*
H2O Power *Atlantic Pool*
**Treating Beauty from Within *Horizon Room*
**Getting Started at The Carillon *Meet in the Library*

11 AM Pilates Mat *Ocean Studio*
Advanced Cycle II-III (Limit 19) *Movement Studio 1*
Roll & Relax *Movement Studio 3*
Weight Room Circuits (Limit 10) *Weight Room*
Whole Lotta Tabata *Atlantic Pool*
**Principles of Training and Periodization *Horizon Room*

12 PM Yoga Foundations *Ocean Studio*
Let's Dance! (Limit 25) *Movement Studio 2*
Body Weight Basics I-II *Movement Studio 3*
TRX Circuit II-III (Limit 8) *North Tower Lawn*

2 PM Stretch *Ocean Studio*
Ballet I-II *Movement Studio 2*
20-10 Fierce II-III *Movement Studio 3*
u ♠ Family Rock (Limit 10) *Rock Wall*
**The Healing Speech *Horizon Room*

3 PM Sun Salutations II-III *Ocean Studio*
Body Weight Blast II-III *Movement Studio 3*
Long & Lean Barre Workout (Limit 12) *Movement Studio 2*

4 PM 20 min Legs *Ocean Studio*
Zumba! (Limit 25) *Movement Studio 2*
Chair Yoga *Movement Studio 3*
u Rockwall Basics (Limit 6) *Rock Wall*

4:30 PM Upper Body Blast (20 min) *Ocean Studio*

5 PM Power Yoga Express *Ocean Studio*
Nia *Movement Studio 1*
u**Body Comp Assessment (Limit 3) *Spa Reception*

6 PM Advanced Boxing II-III (Limit 12) *Movement Studio 2*
Yoga on the Beach (75 min) *Meet in the Library*

7 PM Stride (Limit 10) *Weight Room*

7:30 PM Candlelight Stretch (25 min) *Movement Studio 2*

Classes are all levels unless indicated
Fitness Levels: I (Beginner), II (Intermediate), III (Advanced)
All classes, lectures and demonstrations are subject to change and cancellation

Classes are all levels unless indicated
Fitness Levels: I (Beginner), II (Intermediate), III (Advanced)
**Daily lectures | \$ Additional fees apply | ♠ Suitable for families | u Sign up Required

THURSDAYSTILLNESS

7 AM Sun Salutations II-III	<i>Meet in the Library</i>
8 AM Meditation & Breathing (20 min) Advanced Cycle II-III (Limit 19) Rope & Run II-III	<i>Ocean Studio Movement Studio 1 North Tower Lawn</i>
8:30 AM Intermediate Power Yoga II (75 min)	<i>Ocean Studio</i>
9 AM Indoor Cycling (Limit 19) Boxer's Workout (Limit 12) Rhythmic Moves (20 min)	<i>Movement Studio 1 Movement Studio 2 Movement Studio 3</i>
9:30 AM Upper Body Blast (20 min)	<i>Movement Studio 3</i>
10 AM Stretch 20 min Legs Aqua Strength **Getting Started at The Carillon **Wellness Compass	<i>Ocean Studio Movement Studio 3 Atlantic Pool Meet in the Library Horizon Room</i>
10:30 AM A.B.S Express	<i>Movement Studio 3</i>
11 AM Yoga Foundations Indoor Cycling (Limit 19) Buff Ballet Booty Aqua Stretch	<i>Ocean Studio Movement Studio 1 Movement Studio 3 Atlantic Pool</i>
12 PM Pilates with Props 20-10 Fierce! II-III Roll & Relax	<i>Ocean Studio Movement Studio 2 Movement Studio 3</i>
u Rockwall Basics (Limit 6)	<i>Rock Wall</i>
1 PM u**Body Comp Assessment (Limit 3) **Women's Well Being	<i>Spa Reception Horizon Room</i>
2 PM Stretch Long & Lean Barre Workout (Limit 12) Body Weight Blast II-III	<i>Ocean Studio Movement Studio 2 Movement Studio 3</i>
3 PM Zumba! (Limit 25) u♠ Family Rock (Limit 10) **Food for Thought	<i>Movement Studio 2 Rock Wall Juice Bar</i>
4 PM 5 Tibetan Rites II-III Muscle Conditioning Gyrokinesis Advanced TRX Circuit II-III (Limit 8) **Rewiring our Brain: Neuro-Energetic Healing	<i>Ocean Studio Movement Studio 2 Movement Studio 3 North Tower Lawn Horizon Room</i>
5 PM Restorative Yoga Stride (Limit 10)	<i>Ocean Studio Weight Room</i>
6 PM Indoor Cycling (Limit 19) Physio Ball Physique	<i>Movement Studio 1 Movement Studio 3</i>
7 PM Stretch Weight Room Circuits (Limit 10)	<i>Ocean Studio Weight Room</i>

FRIDAY EXPLORE

7 AM Morning Walk	<i>Meet in the Library</i>
8 AM Meditation & Breathing (20 min) Advanced Cycle II-III (Limit 19) Boxer's Workout (Limit 12) Stride (Limit 10)	<i>Ocean Studio Movement Studio 1 Movement Studio 2 Weight Room</i>
8:30 AM Intermediate Power Yoga II (75 min)	<i>Ocean Studio</i>
9 AM Indoor Cycling (Limit 19) Body Weight Blast II-III TRX Strength II-III (Limit 8)	<i>Movement Studio 1 Movement Studio 2 North Tower Lawn</i>
10 AM Stretch Long & Lean Barre Workout (Limit 12) Physio Ball Physique H2O Power ♠ SuperFit Kids Games **Getting Started at The Carillon	<i>Ocean Studio Movement Studio 2 Movement Studio 3 Atlantic Pool North Tower Lawn Meet in the Library</i>
10:30 AM **InstaFood	<i>Horizon Room</i>
11 AM Pilates Mat Indoor Cycling (Limit 19) Muscle Conditioning Meditation Whole Lotta Tabata u Rockwall Bootcamp II-III (Limit 6)	<i>Ocean Studio Movement Studio 1 Movement Studio 2 Movement Studio 3 Atlantic Pool Rock Wall</i>
12 PM Hip Hop House Party (Limit 25) Yoga Foundations Weight Room Circuits (Limit 10) u♠ Family Rock (Limit 10)	<i>Movement Studio 2 Movement Studio 3 Weight Room Rock Wall</i>
1 PM u**Body Comp Assessment (Limit 3)	<i>Spa Reception</i>
2 PM Stretch Metabolic Meltdown II-III Mind Your Muscle u Rockwall Basics (Limit 6) **Wellness Compass	<i>Ocean Studio Movement Studio 2 Movement Studio 3 Rock Wall Horizon Room</i>
3 PM Yin Yoga Nia Body Weight Basics I-II Power Stride (Limit 10)	<i>Ocean Studio Movement Studio 1 Movement Studio 3 Weight Room</i>
4 PM Sun Salutations II-III Cardio Jam (Limit 25) Upper Body Blast (20 min) TRX Circuit II-III (Limit 8)	<i>Ocean Studio Movement Studio 2 Movement Studio 3 North Tower Lawn</i>
4:30 PM 20 min Legs	<i>Movement Studio 3</i>
5 PM Long & Lean Barre Workout (Limit 12) Rope & Run II-III	<i>Movement Studio 2 North Tower Lawn</i>
6 PM Indoor Cycling (Limit 19)	<i>Movement Studio 1</i>

SATURDAY NOURISH

7 AM Beach Boot Camp II-III	<i>Meet in the Library</i>
8 AM Advanced Cycle II-III (Limit 19) Morning Walk Sun Salutations II-III	<i>Movement Studio 1 Meet in the Library Meet in the Library</i>
9 AM Indoor Cycling (Limit 19) Muscle Conditioning Yoga Foundations TRX Strength II-III (Limit 8)	<i>Movement Studio 1 Movement Studio 2 Movement Studio 3 North Tower Lawn</i>
10 AM Stretch Boxing Skills and Drills II-III (Limit 12) u♠ Family Rock (Limit 10) Power Stride (Limit 10) **Family Jeopardy **Getting Started at The Carillon	<i>Ocean Studio Movement Studio 2 Rock Wall Weight Room Horizon Room Meet in the Library</i>
11 AM Pilates Advanced II-III Endurance Cycle (Limit 19) (75 min) Power Yoga Express Aqua Strength \$ ukinesis (Limit 4)	<i>Ocean Studio Movement Studio 1 Movement Studio 3 Atlantic Pool Sunrise Studio</i>
12 PM Body Weight Blast II-III Zumba! (Limit 25) Aqua Stretch ♠ SuperFit Kids: Games	<i>Rock Wall Movement Studio 2 Atlantic Pool North Tower Lawn</i>
1 PM u**Body Comp Assessment (Limit 3)	<i>Spa Reception</i>
2 PM Stretch 5 Tibetan Rites II-III u Rockwall Basics (Limit 6) **Beach Soccer Clinic	<i>OceanStudio Movement Studio 3 Rock Wall Meet in the Library</i>
3 PM Pilates Mat Cardio Jam (Limit 25) Body Weight Blast II-III	<i>Ocean Studio Movement Studio 2 Movement Studio 3</i>
4 PM Meditation Long & Lean Barre Workout (Limit 12) Intermediate Power Yoga II (75 min) Stride (Limit 10)	<i>Ocean Studio Movement Studio 2 Movement Studio 3 Weight Room</i>
5 PM Gyrokinesis TRX Circuit II-III (Limit 8)	<i>Ocean Studio North Tower Lawn</i>
6 PM Metabolic Meltdown II-III	<i>Movement Studio 2</i>
6:30 PM Full Beach Moon Yoga	<i>Meet in the Library</i>

SUNDAY JOY

8 AM Sun Salutations II-III Advanced Cycle II-III (Limit 19) Morning Walk Beach Boot Camp II-III	<i>Ocean Studio Movement Studio 1 Meet in the Library Meet in the Library</i>
9 AM Power Yoga Express Indoor Cycling (Limit 19) Metabolic Meltdown II-III TRX Strength II-III (Limit 8)	<i>Ocean Studio Movement Studio 1 Movement Studio 2 North Tower Lawn</i>
10 AM Pilates Mat Meditation & Breathing (20 min) Muscle Conditioning Stretch u♠ Family Rock (Limit 10) **Getting Started at The Carillon **Awakening Practice	<i>Ocean Studio Movement Studio 1 Movement Studio 2 Movement Studio 3 Rock Wall Meet in the Library Horizon Room</i>
10:30 AM Basic Balance (20 min)	<i>Movement Studio 1</i>
11 AM Basic Hatha (75 min) Zumba! (Limit 25) Physio Ball Physique Body Weight Blast II-III H2O Power	<i>Ocean Studio Movement Studio 2 Movement Studio 3 Rock Wall Atlantic Pool</i>
12 PM Indoor Cycling (Limit 19) Long & Lean Barre Workout (Limit 12) Weight Room Circuits (Limit 10)	<i>Movement Studio 1 Movement Studio 2 Weight Room</i>
2 PM Yoga Foundations 20-10 Fierce! II-III u Rock Wall Boot Camp II-III(Limit 6)	<i>Ocean Studio Movement Studio 2 Rock Wall</i>
3 PM Meditation Long & Lean Barre Workout (Limit 12) Body Weight Blast II-III Whole Lotta Tabata **Wellness Compass	<i>Ocean Studio Movement Studio 2 Movement Studio 3 Atlantic Pool Horizon Room</i>
4 PM Advanced Boxing II-III (Limit 12) Indoor Cycling (Limit 19) Body Weight Basics	<i>Movement Studio 2 Movement Studio 1 Movement Studio 3</i>
5 PM Roll & Relax Kettlebell II-III (Limit 10)	<i>Ocean Studio Movement Studio 3</i>
6 PM Stride (Limit 10) Intro to QiGong	<i>Weight Room Ocean Studio</i>
6:30 PM QiGong on the Beach	<i>Meet in the Library</i>

HOURS & LOCATIONS

HEALTH & WELLNESS Open Monday thru Friday 9 a.m. - 5 p.m. Saturday and Sunday 9 a.m. - 1 p.m. Wellness Spa 4th floor.	Ext. 46688. Wellness Spa 4th Floor. Hotel Lobby 8 a.m. - 7 p.m. Ext. 47340, 47341	Breakfast- 7a.m. to 11a.m. Lunch- 11:30a.m. to 3p.m. Afternoon Service- 3p.m. to 5:30p.m. Dinner- 5:30p.m. to 10p.m. Ext. 47474. Hotel lobby level.
EXERCISE & MOVEMENT Open daily 6 a.m. - 10 p.m. Wellness Spa 3rd floor.	SALON Open Monday 10 a.m. - 6 p.m. Open Tuesday-Friday 11 a.m. - 8 p.m. Open Saturday and Sunday 10 a.m. - 8 p.m. Wellness Spa 4th floor.	CARILLON LOUNGE Open daily 7 a.m.-2 p.m.[4 p.m.- 11 p.m. Ext. 47167. Hotel lobby level.
SPA RECEPTION Open daily 8 a.m. - 9 p.m. Wellness Spa 4th floor. WELLNESS CONCIERGE Open daily 8 a.m. - 9 p.m.	THE CARILLON BOUTIQUE Open daily 9 a.m. - 7 p.m. Ext. 47131. Adjacent to the Main Lobby.	THE CABANA Kitchen open daily 11 a.m. - 5 p.m. Bar open daily 11 a.m. - 6 p.m. Ext. 47166. Poolside.
	THE GRILL	THE JUICE BAR Open daily 8:30 a.m. - 4:30p.m.

CLASS DESCRIPTIONS

(Classes are 45 minutes unless indicated)

5 Tibetan Rites of Rejuvenation (Level II-III) - This is an exercise program used by Tibetan monks to live long, vibrant and healthy lives. A complete sequence of five movements repeated 21 times which stimulates the circulation of essential life energy throughout the body as well as improves functioning of all your organs and systems. Known to enhance the physical and energetic systems to counter the aging process! Level II-III.

20 min Legs- Everything legs. Tone, sculpt, and strengthen the glutes, thighs, and calves using a variety of equipment, and/or bodyweight exercises

20-10 Fierce!- Join us for a fast and furious interval workout using 20 seconds of work followed by 10 seconds of rest in rounds. Push your limits in this Tabata inspired class!

A.B.S Express - Get a new view on how to work those abdominals from the inside-out and around only 20 minutes!

Advanced Boxing (Limit 12)- Previous boxing experience and knowledge of how to properly wrap hands is necessary in this advanced class with more complex strikes and combinations.

Advanced Cycle (Level II-III) (Limit 19) - An intense ride for the experienced cyclist.

Aqua Strength- In this class we will focus on using the water as resistance with a variety of equipment.

Aqua Stretch- You will be guided through stretching exercises in the water overlooking the ocean. Great way to take a break in your day to stretch, refresh and rejuvenate the body and mind. All levels.

Ballet - This format includes barre and floor exercises. Learn the basics of ballet movement and choreography.

Basic Balance (20 min) - A class to help maintain and improve balance with simple exercises. May include use of stability equipment.

Basic Hatha (75 min) - Basic Hatha is perfect for the beginner as an introduction to yoga asana (postures) or for the seasoned practitioner who desires a more gentle class and a return to the beginner's mind.

Beach Boot Camp (Level II-III) - This class offers the chance to use greater space for all your exercises including running, lunges, squats, and the option to get in the water. Athletic shoes required. Bathing suits are permitted; athletic clothing is suggested over the suit.

Body Weight Basics - Learn fundamental strength exercises using body weight as resistance. Level I-II

Body Weight Blast (Level II-III) - Squat, Jump, Hop, Propel, Lunge! No equipment needed. All body weighted power-driven strength exercises (expect Plyometrics!) that will blast you to a new fitness level. Prerequisite to Body Weight Basics. Level III

Boxer's Workout (Limit 12) - Learn the fundamentals of boxing including footwork, punches, and kicks. In this intense workout combinations and technique drills will be used on the boxing bag. Gloves and hand wraps are provided.

Boxing Skills and Drills (Limit 12)- Learn the fundamentals of boxing and refine your skills including footwork, punches, and kicks in this challenging workout.

Breathe! Strategies for Stress Relief- Learn techniques focusing on the breath to relieve and minimize stress.

Buff Ballet Booty - Lose yourself in this delightful dance workout that focuses on balance and coordination. Plié your way into a longer leaner you!

Burdenko Water - The original water workout by Igor Burdenko emphasizes balance, coordination, flexibility, endurance, speed, and strength. Water vests make this an excellent practice for all levels, including those with little swimming experience.

Candlelight Stretch (20 min) - Treat your body to an end of the day, relaxing stretch class with a selection of exercises to relieve tension throughout the body.

Cardio Jam (Limit 25) - Low impact aerobics. Easy to follow moves, a great cardio workout to your favorite Top 40 music. Feel free to sing along! All levels.

Cardio Kickboxing - Kick & Box your way through this fun and energetic non-contact cardiovascular workout.

Chair Yoga - If you enjoy or would like to experience yoga and getting on and off the floor is challenging or you would like ideas of how to incorporate yoga into your daily life... this class is for you! With a meditative quality and an attention to breath and alignment, guests will be guided gently through postures while sitting on a chair.

Endurance Cycle II-III (Limit 19)- Challenge yourself with this 75 minute ride focusing on endurance for the experienced cyclist.

Foam Rolling Foundation (20 min) - Learn the basics of foam rolling and self myofascial release with a strong focus on the lower extremities and lower back.

Gyrokinesis -The Gyrokinesis Method, originally called "Yoga for Dancers," is practiced on a mat & chair, exercise sequences are intended to increase the functional capacity of the entire organism in a harmonious way. Embracing key principles also found in swimming, dance, yoga, tai chi, and gymnastics, and emphasize continuous, flowing movements, synchronized with corresponding breath patterns.

Gyrokinesis Advanced - The Gyrokinesis Method, originally called "Yoga for Dancers," is practiced on a mat & chair, exercise sequences are intended to increase the functional capacity of the entire organism in a harmonious way. Embracing key principles also found in swimming, dance, yoga, tai chi, and gymnastics, and emphasize continuous, flowing movements, synchronized with corresponding breath patterns.

H2O Power - A challenging aerobic conditioning class in shallow and deep water.

Hip Hop House Party (Limit 25)- Learn the freshest "Pop & Lock" moves and groove to the beats of your favorite hip hop music. It's a party you don't want to miss! All levels.

Indoor Cycling (Limit 19) - The outdoor ride is transported into the studio where you will experience a strength, endurance, or interval-focused class.

Intermediate Power Yoga (Level II)(75 min) - This Ashtanga and Vinyasa-inspired sequence is for those who want a more challenging practice, while still focusing on instruction and alignment. This physical class allows participants to experience the connection between breath and movement, break a sweat and still have fun. PREVIOUS EXPERIENCE REQUIRED

Introduction to QiGong (20 min)-Learn the basic concepts and practices you need to refine and develop your QiGong practice (pronounced "chee-gong"). Great for first time practitioners, and anyone who wants to refine and perfect their QiGong form.

Kettlebell (Level II-II)(Limit 10)- Prepare yourself for 45 minutes of explosive exercise along with movements that focus on strength and endurance to get a functional, total body, and heart-pumping workout. Participants should have strong kettlebell experience.

Kinesis(\$) or **Kinesis Advanced(\$)** (Limit 4)- Take advantage of a unique, one of a kind, strength-training opportunity and learn why kinesis is an effective and fun workout and form of movement. The next step from the Kinesis Orientation experience.

Lets Dance (Limit 25)- A different dance form each day emphasizing fun, rhythmic movement.

Classes are all levels unless indicated
 Fitness Levels: I (Beginner), II (Intermediate), III (Advanced)
 **Daily lectures | \$ Additional fees apply | ♠ Suitable for families | u Sign up Required

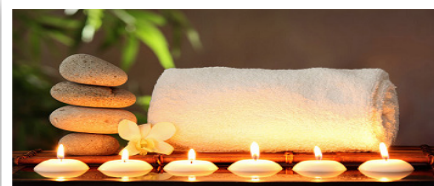
THIS WEEK'S SCHEDULE AUGUST 24-30, 2015

THE CARILLON

HOTEL & SPA

MIAMI BEACH

LEADING
HOTELS



LEARNING WORKSHOPS

Awakening Practice

Join Sarah Parienti through a meditation, to learn and observe ourselves with a less judgmental attitude, accepting and embracing our present moment. It is in a meditation state that we can reach a neutral mind, which allow us to be in the now and aligned to manifest our deep longing. De-programming destructive cells memory, we work with music to program new beliefs and healthier habits. Come experience Mind/body exercises to generate a series of physical and mental changes that greatly improve the well-being of the body and the mind. For healing shot and awakening. (Sun)

Beach Soccer Clinic

Join us for a family fun soccer clinics for all levels. Join our Exercise Physiologist and All-American ex-professional soccer player Oliver Medina and learn skills to improve your ball control, dribbling, juggling, passing and receiving, and shooting techniques. Enjoy fun games and score a goal! Meet at the Library @ 2pm (Sat)

Body Composition Assessment (15 min)

A measured estimate of lean mass and fat mass is completed. During an optional follow up session, results can help design an efficient and targeted exercise routine. Please schedule with Program Advisors. Limit 3.

Exploring Yoga

Join a Yoga team member to explore the history, intention and structure of the various forms of yoga offered at The Carillon. Identify and expand your yoga practice by learning the differences in these yoga forms. Wednesdays at 1pm Friday at 12pm

Family Jeopardy

America's favorite quiz show hosted by our very own nutritionist, Larisa Alonso, MS, CNS, LN. Come test your knowledge of nutrition facts. (Sat)

Food for Thought

Come join our Nutritionist Larisa Alonso for an informal conversation about the hottest topics in food and nutrition. Let's explore the current trends and talk about what is fact and what is fiction. Bring your questions! (Thurs)

Getting Started at The Carillon

Join one of our Wellness Concierge team member for an informative tour of the Wellness Spa with stops at all the movement studios, lecture rooms and Spa Lobby. You will not be lost or late after this walking tour! Along the way important "need to know" details, programming, the layout of our beautiful property will be covered. The tour culminates in the Spa Lobby with a Q&A, the perfect opportunity to ask any and all questions! (Daily)

InstaFood

Want to know what our nutritionist eats? Where she buys her food? What products she uses? What are her favorite recipes? Come take a look @StacisPlate! Carillon nutritionist Staci Shacter will be doing a new lecture series discussing her foodie, nutrition, and wellness posts on Instagram. If you are not on Instagram, bring your smart phone and Staci will help get you set up! Follow her on Instagram NOW @StacisPlate. (Fri)

Principles of Training and Periodization

Come and learn with our Exercise Physiologist, Oliver Medina, the different styles of cardiovascular endurance training, the anatomy of a training session, and periodization exercise program to optimize peak performance during short or long periods. Whether you are a competitive athlete or if your goal is overall health and fitness. (Wed)

Rewiring our Brain: Neuro Energetic Healing

So often, what we long for seems to elude us, even though our brain carries an un-limited capacity to assist us in achieving what we want. What is it that you have not achieved and that you long for? Join our energy healer, Sarah Parienti, to quiet your mind and clear negativity. (Thurs)

Strength in Numbers

Under the direction of nationally certified personal trainer, you will discover the vast benefits of resistance training. This workshop will focus on beginner weight training movements, equipment set-up and emphasis on appropriate form and alignment. Portions of this workshop will be active so don't forget your fitness attire. Tuesday at 1pm Thursday at 12pm.

The Healing Speech

Through Healing Energy Science, we raise our consciousness to heal our mind and every issue we might encounter in our life. To shift our energy and allow the healing to happen, we welcome you to learn with Sarah Parienti our energy healer in an interaction with question/response about Healing, realization of true potential, and manifestation. Specific Guided Meditation will be part of this Healing talk to release block, stress, heal your body and activate new vibration with a neutral mind. Join us to open our perception of who we really are. (Wed)

Treating Beauty from Within

Join our acupuncturist Holly Nobil to learn a holistic approach to antiaging, using facial rejuvenation and traditional Chinese Medicine. (Wed)

Understanding Your Body: Learning with an Integrative Physician

Our body is a magnificent "machine" that most of us do not understand. Each week we will look at a different aspect of how we work, and by doing so, develop an appreciation for our own complexity. (Tues)

Wellness Compass

Want to find out how healthy you really are? Come learn about the components of great health from the viewpoint of an exercise physiologist. We will teach you how we assess an individual's wellbeing by introducing you to the Carillon Wellness Compass, a tool designed by the University of Miami. This experience includes a demonstration how the Compass is used to give you direction to optimize your health. (Thurs, Fri & Sat)

Women's Well Being

In this informal session, Dr. Koffler facilitates a conversation about issues pertinent to women's health. Bring your questions for possible discussion. Topics vary weekly. (Thurs)