



# THE RITZ - CARLTON SPA

SARASOTA

Monday	Class	Location
8:00-9:00 9:30-10:30	Cardio Blast Hatha Yoga	Fitness Studio Sunset Terrace at Ritz Beach Club
Tuesday		
8:00-9:00 9:00-10:00	Hatha Yoga Barre-Dance	Fitness Studio Fitness Studio
Wednesday		
8:00-9:00 9:30-10:30	Pilates Fusion Hatha Yoga	Fitness Studio Sunset Terrace at Ritz Beach Club
Thursday		
8:00-9:00 9:00-10:00	Morning Stretch Cardio Blast	Fitness Studio Fitness Studio
Friday		
8:00-9:00 9:30-10:30	Bridge Walk Hatha Yoga	Meet in Spa Lobby Sunset Terrace at Ritz Beach Club
Saturday		
8:00-9:00 9:00-10:00	Pilates Fusion Hatha Yoga	Fitness Studio Fitness Studio

**Cardio Blast:** Begin your week with this fun and upbeat class to raise your heart rate and rev your metabolism. Burn calories without the jarring impact while improving body tone, energy, and cardiovascular endurance.

**Pilates Fusion:** Begin your morning with joint activation exercises and simple stretches to awaken & open the body with ease & energy. This rhythmic Pilates core-based workout is fused with breath intervals to tone & invigorate. Class concludes with an affirmation practice to enhance positivity into your day. Suitable for all levels.

**Barre-Dance:** Begin with stretching, core work, & foot conditioning. Followed by a hybrid workout combining rhythmic barre exercises for fluidity & agility that express full-range of motion based on traditional dance technique. Conclude with delightful & simple dance sketches, based on Isadora Duncan Dance. Wear socks or ballet slippers.

**Morning Stretch:** Our Morning Stretch class is designed for all fitness levels and aims to open up and stretch your entire body. Classes are set to music and include a variety of movements to warm up & strengthen the body. There is a focus on lengthening muscles at a gradual pace and using the breath to engage key muscles. Suitable for all levels.

**Hatha Yoga:** A combination of accessible held poses, slow, fluid movement and breath. Open all the major muscle groups through exploring both seated, supine, and standing stretches. Increase fresh, oxygenated blood delivered to your muscles, organs and bones to energize the entire body.

**Bridge Walk:** Join our fitness instructor for a fun and action-packed fitness walk over John Ringling Bridge. Learn a bit of Sarasota's history and get the best downtown view during this fast-paced exercise. Suitable for all levels.

**Pre-registration for class participation is not required. Capacity for classes held in Fitness Studio is limited to 6 participants and is on a first-come first-serve basis. Please call the Spa at extension 2090 for more information. Updated July 2019.**