



Powered by Elite fit

WELLNESS PROGRAM CALENDAR COMPLIMENTARY CLASSES

Monday

8:00 am
Restorative Stretching

Tuesday

8:00 am
Elite HIIT on The Beach
(High Intensity Interval Training)

9:00 am
Fit Yoga Fusion

Wednesday

8:00 am
Gentle Yoga

9:00 am
Elite Circuit Training

Thursday

8:00 am
Yoga on The Beach

9:00 am
Tabata

Friday

8:00 am
Vinyasa Yoga

9:00 am
Full Body Sculpting

5:30 pm
Salsa (Dec 7, 21 & 28)
Sunset Yoga (Dec 14)

Saturday

7:00 am
Scenic Group Hike

9:00 am
Elite HIIT
(High Intensity Interval Training)

Sunday

9:00 am
Matt Pilates



A wide array of private classes including **TENNIS** are available upon 24hrs. in advance request.

Please contact Personal Concierge at Ext. 5035 or visit the Gym for more information.

Private Classes starting at \$120 usd plus taxes per person

Some of our private classes: **Elite Beach Bootcamp, CrossFit on the Beach, Cardio Boxing, Mat Pilates, Capo Fitness, Senior Strength Training, Functional Fitness Ballet Barre, Yoga for Kids and many more.**