



# FITNESS CENTER 2022

## Weekly Schedule

Join us every day at 9:00am for a 45-minute wellness session!

### Sunday

#### HOT AQUA FLOW FOR BALANCE

911 Rescue for all your soreness or tension. Aromatherapy, music therapy, breathing techniques and PNF inspired stretches to release the challenges of the day.

### Monday

#### SHORT CIRCUIT FROM HEAD TO TOE

Aim your muscular and cardiovascular endurance with body weight and functional moves to challenge your full body.

### Tuesday

#### SRAIGHT TO THE CORE!

Symmetric training for abs, back and all your core muscles functional moves improves your muscular and cardiovascular endurance.

### Wednesday

#### PLUG INTO YOUR FREQUENCY

Energetic Workout... bring healing energies into your workout combining yoga asanas with sound healing frequencies.

### Thursday

#### SRAIGHT TO THE CORE!

Symmetric training for abs, back and all your core muscles functional moves improves your muscular and cardiovascular endurance.

### Friday

#### SHORT CIRCUIT FROM HEAD TO TOE

Aim your muscular and cardiovascular endurance with body weight and functional moves to challenge your full body.

### Saturday

#### WATER Blast

Water resistance training series. Strength intervals with intermittent cardio moves helps to improve your stamina and have fun!

All classes meet @ the Fitness Center when offered outside and are subject to change. We offer a wide variety of wellness sessions for individuals, couples, or groups upon request. Private sessions for Energetic Therapies (REIKI, Magnified Healing, Chakra Balancing, others) are available and must be requested. For more information contact us at [wellness@laconcharesort.com](mailto:wellness@laconcharesort.com).