

GROUP FITNESS SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:30-7:30 AM Body Demolition		6:30-7:30 AM Body Demolition		6:30-7:30 AM Body Demolition	10:00-11:00 AM Ab Attack	10-11:00 AM Yoga Flow
7:45-8:45 AM Cycling	7:45-8:45 AM Cycling	7:45-8:45 AM Cycling	7:45-8:45 AM Cycling	7:45-8:45 AM Cycling	11 AM -12 PM Cycling	11 AM -12 PM Cycling
7:45-8:45 AM Sunrise Yoga	7:45-8:45 AM Sunrise Yoga	7:45-8:45 AM Yoga Flow	7:45-8:45 AM Sunrise Yoga	7:45-8:45 AM Power Yoga	11 AM -12 PM Power Yoga	
5:30-6:30 PM Boot Camp	5:30-6:30 PM Body Demolition	5:30-6:30 PM Boot Camp	5:30-6:30 PM Body Demolition	5:30-6:30 PM Boot Camp	12:30-1:30 PM Zumba	
6:30-7:30 PM Cycling		6:30-7:30 PM Cycling				
6:45-7:45 PM Yoga Flow	6:45-7:45 PM Core Yoga	6:45-7:45 PM Balance, Breath, Beauty	6:45-7:45 PM Yoga Flow	6:45-7:45 PM Zumba		
7:30-8:30 PM Cycling	6:45-7:45 PM Cycling	7:30-8:30 PM Cycling	6:45-7:45 PM Cycling	7:30-8:30 PM Cycling		
8:00-9:00 PM Latin Fusion	8:00-9:00 PM Zumba	8:00-9:00 PM Bollywood Blend	8:00-9:00 PM Butts-n-Gutts			

Rates

Hotel Guests|\$15.00

Residents and Members|Complimentary

Private Pilates and Personal Training available.

Fitness Hours

DAILY 6am-10pm

PH. 305.503.0369

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Ab Attack- A 45minute workout dedicated to strengthening your core from the inside out. You will tone and tighten all mid-section and back muscles in this fun and challenging class.

Balance, Breath, Beauty – To breathe is to live. To breathe deeply is to live fully. Inspired by our holistic approach to health and fitness, complement any training regiment by ending your day with a healthy exertion of energy. This class will enhance your quality of life and increase your athletic performance through diaphragmatic breathing. Achieve a calmer state of mind and body by decreasing stress and reducing muscular tension. Leave feeling relaxed, beautiful and in a state of harmony.

Body Demolition - This class was created to shape your legs, glutes, back and core. The ultimate workout to kick your butt into high gear rewarding you with the results you want.

Bollywood Blend –This class is a fusion of fun, fiery also slow and sultry dances handed down from ancient times to the present. You will move to a fantastic mix of exotic world rhythms; improve flexibility, increase self-confidence and bring out the dancer within you through this total body workout!

Boot Camp - With an emphasis on cardio and flexibility this fun fusion of core and strength training techniques will get your heart pumping and bodies moving. This invigorating and challenging workout will burn fat and take you to the next level. Come prepared to sweat.

Butts & Guts - Push yourself to the limit to gain the results you want! Join us for a fun and challenging workout. This class is designed to increase muscle tone, define and reshape your legs as well as strengthen your core from the inside out. You will focus on toning and tightening all mid-section, back and leg muscles.

Core Yoga - A fast paced class combining yoga flow, Pilates and high intensity movements. The focus of class is to build core strength and stabilization practicing deeper postures and poses

Cycling - Tired of your usual cardio routine? Mix it up with an intense mountain ride that is sure to burn serious calories. This aerobic workout will have your heart pumping, blood flowing and legs burnings. Prepare to conquer the course!

Latin Fusion- Swiveling hips and a sinuous rib cage characterize Latin Dance. Latin music creates a sexy, energetic rhythm with beats and accents meant for those pulse-stopping dips and turns. Combine all of that and you have Latin fusion! Learn fun, exciting dance moves that are guaranteed to boost your heart rate, burn calories and build your confidence.

Power Yoga - A vigorous, fitness based approach to Vinyasa-style yoga. This fast paced class combining yoga flow with high intensity movements is perfect for men and women seeking a challenging and energizing workout.

Sunrise Yoga - Awake! Celebrate! Embrace a new day with Intermix Yoga. Stretching, breathing and relaxing. Open your Mind-Body-Spirit to all of the wonderful and new possibilities of life. Intermix Yoga incorporates: Vinyasa Flow, Hatha Yoga and Ashtanga Yoga.

Yoga Flow - A moderately paced class, that progresses through traditional Vinyasa yoga sequences. A great class for women and men seeking a more fluid yoga practice with emphasis on steady movements between postures.

Zumba - Ditch the weight room and cardio equipment and move to the hypnotic rhythms of Latin music. The easy to follow steps combined with some resistance training create a dynamic fun class that will tone and sculpt you body all while you move to the music and burn calories.