

FITNESS SCHEDULE

SUNDAY

8:00AM BEACH POWER VINYASA YOGA
8:00AM NIDRA YOGA THERAPY
8:00AM SKYLAB ASSISTED STRETCHING
9:30AM SKYLAB FLOOR YOGA
11:00AM WALL YOGA (ONE-ON-ONE PRIVATE CLASS \$25)
1:00PM POOL FLOAT FIT

MONDAY

8:00AM BEACH POWER VINYASA YOGA
8:00AM NIDRA YOGA THERAPY
8:00AM SKYLAB ASSISTED STRETCHING
9:30AM SKYLAB FLOOR YOGA
11:00AM WALL YOGA (ONE-ON-ONE PRIVATE CLASS \$25)

TUESDAY

8:00AM BEACH POWER VINYASA YOGA
8:00AM NIDRA YOGA THERAPY
8:00AM SKYLAB ASSISTED STRETCHING
9:30AM SKYLAB FLOOR YOGA
11:00AM WALL YOGA (ONE-ON-ONE PRIVATE CLASS \$25)

WEDNESDAY

6:30AM SUNRISE THERAPEUTIC YOGA
8:00AM OCEAN MORNING MEDITATION
8:00AM BEACH POWER VINYASA YOGA
8:00AM SKYLAB ASSISTED STRETCHING
9:30AM SKYLAB FLOOR YOGA
11:00AM WALL YOGA (ONE-ON-ONE PRIVATE CLASS \$25)

THURSDAY

6:30AM SUNRISE THERAPEUTIC YOGA
8:00AM OCEAN MORNING MEDITATION
8:00AM BEACH POWER VINYASA YOGA
8:00AM SKYLAB ASSISTED STRETCHING
9:30AM SKYLAB FLOOR YOGA
11:00AM WALL YOGA (ONE-ON-ONE PRIVATE CLASS \$25)

FRIDAY

6:30AM SUNRISE HATHA YOGA
8:00AM BEACH POWER VINYASA YOGA
8:00AM SKYLAB ASSISTED STRETCHING
9:30AM SKYLAB FLOOR YOGA
11:00AM WALL YOGA (ONE-ON-ONE PRIVATE CLASS \$25)
1:00PM POOL FLOAT FIT

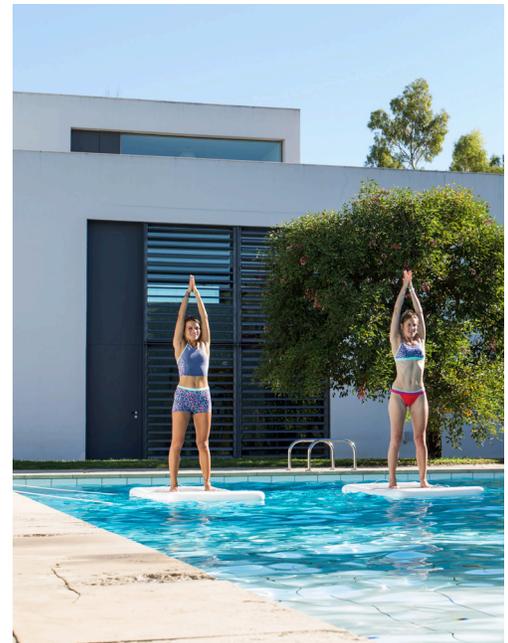
SATURDAY

8:00AM BEACH POWER VINYASA YOGA
8:00AM SKYLAB ASSISTED STRETCHING
9:30AM SKYLAB FLOOR YOGA
11:00AM WALL YOGA (ONE-ON-ONE PRIVATE CLASS \$25)
1:00PM POOL FLOAT FIT

FOR RESERVATIONS CONTACT 787.710.8225

OR SPARESRESERVATIONS@FAIRMONT.COM.

ALL CLASSES ARE 60-MINUTES AND \$15 PER PERSON. FIRST COME, FIRST SERVE. RESERVATION REQUIRED 8 HOURS IN ADVANCE. MUST BE 18 YEARS OF AGE OR OLDER TO PARTICIPATE IN GROUP CLASSES.



CLASS DESCRIPTIONS

BEACH POWER VINYASA YOGA

Enjoy this all-level Vinyasa Flow workout that will take you through a variety of poses to help develop your practice. Elements of balance, core strengthening, muscular flexibility and mental acuity are combined with keen focus on the breath and breathing techniques.

SKYLAB FLOOR YOGA

A yoga with no standing sequences, giving a break to our feet as we move through the mat stretching, opening our hips and chest. Relaxing the body and mind and releasing tension that consciously or unconsciously we were keeping within ourselves.

SKYLAB ASSISTED STRETCH

Our certified personal trainer will guide you through a series of stretches. Each session helps increase flexibility, prevent injury and aid in workout recovery – while enjoy in mental and physical relaxation. Wear loose fitting and comfortable clothing.

POOL FLOATFIT

A challenging way to exercise, FloatFIT takes place on boards that resemble inflatable yoga mats. A low-impact, cross-training workout, guests gain stability and strength through HIIT workouts – all while floating in water. What should we expect from your first FloatFit session? Expect to get wet! For clothing attire, a swimsuit is perfect or gym clothing that can be immersed in water without damage is acceptable.

SUNRISE HATHA YOGA

Begin your day with an extra level of wellness, with this awakening early morning Yoga. During the sunrise, rise your body and mind. This class will focus on bringing Flexibility and strength to the body combined with the breath awareness to feel Centered, grounded and relaxed during your day.

OCEAN MORNING MEDITATION

Immerse yourself in this active meditation through the soothing sounds of the waves. Explore nature and experience the beauty of the sea and admiring its expansive splendor. This practice calms the nervous system, enhances concentration and self-awareness.

NIDRA YOGA MEDITATION

Yoga Nidra counteracts stress and provides effective relief for depression and anxiety. This practice instantly releases tension, aides with sleep and clears the mind for learning and absorbing new material.