

~ Group Fitness Schedule ~

Monday

9:00am | Body Toning
9:00am | Beach Yoga
10:15am | Leg, Bums & Tums

10:15am | Aqua Fitness
5:30pm | Pilates Power Hour

Tuesday

8:00am | Tabata
9:00am | Body Toning
9:00am | Beach Yoga
10:15am | Sit and Be Fit

10:15am | Aqua Fitness
5:00pm | Vinyasa Yoga
6:00pm | Restore and Relax Yoga

Wednesday

9:00am | Body Toning
9:00am | Beach Yoga

10:15am | Leg, Bums & Tums
10:15am | Aqua Fitness

Thursday

8:00am | Tabata
9:00am | Body Toning
9:00am | Beach Yoga
10:15am | Sit and Be Fit

10:15am | Aqua Fitness
11:15am | LaBlast Dance Fitness
5:00pm | Vinyasa Yoga
6:00pm | Restore and Relax Yoga

Friday

8:00am | Pilates Power Hour
9:00am | Beach Yoga
9:00am | Body Toning

10:15am | Gym Circuit 101
10:15am | Therapeutic Yoga
10:15am | Aqua Fitness

Saturday

9:00am | Beach Yoga
9:00am | Tabata
10:15am | Aqua Fitness

10:15am | Gym Circuit 101
10:15am | LaBlast Dance Fitness

Sunday

9:00am | Beach Yoga
10:15am | Aqua Fitness
11:30am | LaBlast Dance Fitness

Members are welcome to use the fitness studio when class is not in session.
All classes are complimentary to hotel guests and Don Club Members.



~ Class Descriptions ~

Body Toning

This class encompasses weighted and body weight exercises to gain muscle mass, while achieving cardiovascular endurance. This class targets all muscle groups by engaging in dynamic and isometric movements. The workouts will be done with high intensity and high energy.

Beach Yoga

Beach yoga is the practice of yoga in the relaxing setting of the beach, pairing the soothing influence of ocean waves with a calming yet energizing asana practice.

Legs, Bums & Tums

Legs, bums and tums is a full body aerobic workout that aims to tone up those flabby areas of your thighs, bum and stomach, great for those who want to lose weight or even for those who simply want to improve their fitness levels. Our classes generally start with a gentle warm up to get your body moving.

Aqua Fitness

This low-impact class is performed in deeper water and is designed to improve joint stability, coordination, heart health, and strength. The class will incorporate cardio and strength, using water dumbbells.

Gym Circuit 101

In Gym Circuit 101, you will be guided throughout our fitness center on how to utilize the gym equipment properly and efficiently to create the most successful workout possible. During this educational session, you will also be executing a series of movements with the equipment.

Tabata

Tabata training works in 20 second intervals of high intensity exercise, followed by 10 seconds of rest, and repeated eight times for a total of four minutes for each cycle.

Pilates Power Hour

Pilates Power Hour is an invigorating fusion of classic Pilates equipment movements, fat burning cardiovascular exercises, as well as full body strength building. The key principles of Pilates core training are added to more modern movements making this a powerful workout.

Vinyasa Yoga

This type of yoga emphasizes the sequential movement between postures, coordinated with and guided by deliberate breath. The Vinyasa practice becomes a moving meditation that creates strength, freedom and fluidity in the body and mind.

Restore and Relax Yoga

During this class, you will be led with gentle floor based sequences that support the practitioner to fully relax the muscles, slow down the mental activity of the brain, shift emotional patterns, bring ease to the breath and tune into the nervous system's healing capacity.

Sit and Be Fit

The design of our Sit and Be Fit program is to work on upping muscle strength, flexibility, and core strength. This helps your balance all while using your own body resistance, light weights, and exercise bands!

LaBlast Dance Fitness

LaBlast® Fitness, created by Emmy-nominated choreographer & DWTS pro, Louis van Amstel, is a dance fitness program based on all of the ballroom dances you see on Dancing with the Stars. It is partner-free, includes all components of fitness, and uses music from every era and genre.

Therapeutic Yoga

Therapeutic yoga classes are gentle and include yoga poses modified to individual's needs, gentle movement sequences to help improve the body's movement patterns, yogic breath techniques, and guided relaxation.

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