

# Yoga & Pilates Timetable

Week Nov 13<sup>th</sup>-19<sup>th</sup>



	6.15am	9.00am	10.30am	5.15pm	6.00pm
MON					
TUE					
WED	Pilates Sports Club 45 min Erin		Pilates Sports Club 45 min Erin		
THUR	Pilates Sports Club 45 min Erin				
FRI					
SAT		Pilates Sports Club 45 min Erin	Deep Stretch Sports Club 30 min Erin		
SUN			Pilates Sports Club 60 min Erin		

# Group Fitness Class Descriptions

## Low Intensity Classes

### VINYASA & HATHA YOGA

Emphasis in this yoga practice is placed on body alignment and connection to the breath, as you flow through a dynamic sequence of poses designed to build overall strength and flexibility.

**Live 45 and 60 min**

### PILATES/ CORE, YOGA-LATES

Pilates focuses on improving flexibility, strength and body awareness through controlled movements.

The original six principles are concentration, control, centre, flow, precision and breathing.

**Live 30 and 45 min**

### YIN YOGA & DEEP STRETCH

A series of passive, long-held poses to remove blockages in the connective tissue that surrounds our muscles with a focus on Chakra energy clearing and meridian lines. This slow paced, meditative style helps to calm the body and mind, relieve tension, enhance joint mobility and improve flexibility.

**Live 30 and 45 min**

## Booking Information

### Hotel Guests

- Live classes - \$17.00
  - Virtual classes, Spa & Sauna, Gym floor all Complimentary upon presentation of room key
- Please note: Room key must be presented every entry for hotel benefits.**

### Non-hotel guests:

- Single all access pass (live and virtual classes, gym, spa and sauna) \$25.00
- Spa & Sauna \$17.00
- All day pass: \$37.00
- All access 5 visit pass: \$95.00
- All access 10 visit pass: \$170.00

- Bookings are essential - bookings cannot be made without payment or membership
- To book, call (07) 4946 8590 or visit the Sports Club during operational hours
- Guests and members who have not booked will only be accepted if space is available
- Please arrive 10 minutes prior to class start time
- Locations and class sizes may vary to adhere to social distancing guidelines. Please do not participate in classes if you feel unwell or are showing any flu like symptoms
- **Strict age restrictions apply. No children under the age of 14 is to enter the Sports Club.**
  - Children aged 14 and 15 must be accompanied by a **parent or guardian** at all times
  - Children aged 16 & 17 must have a parent sign a waiver for their gym access
  - Spa and sauna: Strictly for 18 years and over



\*Please note, the Frangipani Lawn is the large grassed area located on the Eastern side of Catseye Beach in front of the Frangipani Lodges and next to the Resort Trail entrance