

Yoga Timetable

Week Jan 6th – Jan 12th



	6.15am	9.00am	10.30am	5.00pm	6.00pm
MON	Yoga SC 60 min Monica				
TUE					
WED					
THUR	Yoga SC 60 min Monica				
FRI	Yoga SC 45 min Monica				
SAT			Yoga SC 60 min Paula		
SUN					

Group Fitness Class Descriptions

Low Intensity Classes

HATHA YOGA

These classes will help improve strength and flexibility of the body and stabilise the mind. By holding Asana's (postures) as well as practicing pranayama (control and expansion of breath), this will balance the physical and mental energy. Classes also include meditation and relaxation.

Live 45, 60 and 90 min

PILATES/CORE, YOGA-LATES

Pilates classes focus on strengthening the body from the inside – out, working on stretching & strengthening the muscles simultaneously to provide a low impact, full body workout that will leave you feeling strong and ready for the day ahead.

Live 30 and 45 min

VINYASA YOGA

The art of breathing and moving consciously. Type of yoga where the asanas are chained one after another through conscious breathing and powerful transitions. It awakens the energy and nourishes the vitality; it is a meditation in movement and involves cardiovascular work.

Live 45, 60 & 75 min

Booking Information

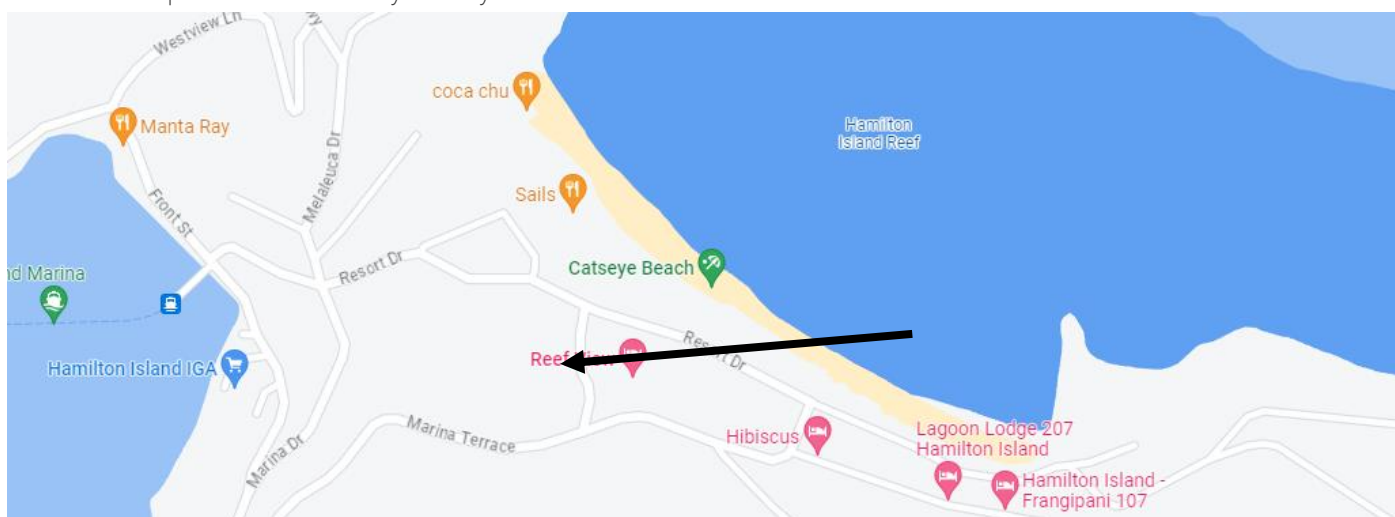
Hotel Guests

- Live classes - \$20.00
- 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) \$26.00
- Spa & Sauna \$20.00
- All day pass: \$37.00
- All access 5 visit pass: \$105.00
- All access 10 visit pass: \$180.00

- 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 have a parent sign a waiver for their gym access and 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