

FITNESS CENTER

CLASS SCHEDULE

Daily

7:00 Morning Beach Yoga

Sunday

8:30 Group Cycle

Monday

8:30 Circuit Challenge

Tuesday

8:30 Group Cycle

Wednesday

8:30 Pilates

Thursday

8:30 Group Cycle

Friday

8:30 Tabata

Saturday

8:30 CoreFit

Fitness Center classes will meet 10 minutes in advance of scheduled class time at Reflections Bar (near the Dolphin statue).

Capacity is limited. Guests are requested to pre-book classes online. Walk-up's may not be permitted.

*For Fitness Classes, Guests are requested to book by 8pm the night prior. Low attendance may result in class cancellation.

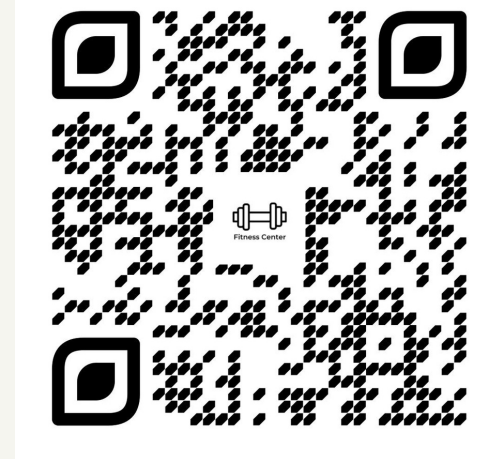
HOURS & RESERVATIONS

Fitness Center:

6am – 11am

Capacity is limited. Guests are requested to pre-book access online. Walk-up's may not be permitted.

RESERVATIONS



SAFETY

As a condition of entry to the Fitness Center and Fitness Classes, guest must submit to a temperature check.

Guest is required to wear a mask upon arrival. Mask may be removed when performing exercise.