



RESORTS & RESIDENCES
by CuisinArt



FITNESS CLASSES

To reserve your spot:
spa@cuisinart.ai
264.498.2000

MONDAY:

YOGA &MEDITATION (CuisinArt) 9:00am
\$20.00 per person.

TUESDAY:

RELAX & STRETCH (CuisinArt) 9:15am
\$20.00 per person.

AQUA CYCLING (The Reef) 10:30am
\$25 per person.

SUP YOGA (CuisinArt) 10:30am
\$50 per person. (weather permitting)

AQUA CONDITIONING (CuisinArt) 3:00pm
\$20.00 per person.

WEDNESDAY:

YOGA &MEDITATION (CuisinArt) 9:00am
\$20.00 per person.

BOOT CAMP BLITZ (The Reef) 9:15am
\$20.00 per person.

AQUA CYCLING(CuisinArt) 10:30am
\$25 per person.

AQUA FUSION(CuisinArt) 3:00pm
\$20.00 per person.

THURSDAY:

BOOT CAMP BLITZ (CuisinArt) 9:15am
With splash pad cool down. \$20.00 per person.

AQUA CYCLING (The Reef) 10:30am
\$25 per person.

SUP YOGA (CuisinArt) 10:30am
\$50 per person. (weather permitting)

AQUATIC KICKBOXING (CuisinArt) 3:00pm
\$20.00 per person.

FRIDAY:

YOGA &MEDITATION (CuisinArt) 9:00am
\$20.00 per person.

AQUA CONDITIONING (The Reef) 9:15am
\$20.00 per person.

AQUA CYCLING (CuisinArt) 10:30am
\$25 per person.

FUNCTIONAL FUSION (CuisinArt) 3:00pm
\$20.00 per person.

SATURDAY:

RISE & SHINE GOLF WALK (CuisinArt) 7:00AM
\$20.00 per person.

YOGA & MEDITATION (CuisinArt) 9:00am
\$20.00 per person.

FAMILY FUN WORKOUT (CuisinArt) 9:15am
All ages. \$20.00 per person.

AQUA CYCLING (The Reef) 10:30am
\$25 per person.

AQUATIC KICKBOXING (CuisinArt) 3:00pm
\$20.00 per person.

SUNDAY:

YOGA &MEDITATION (CuisinArt) 9:00am
\$20.00 per person.



10% service charge added