

EXHALE BAL HARBOUR CLASS SCHEDULE

Effective: **WINTER 2019**

SINGLE CLASS + SERIES PRICING

Single session	\$28
Package of five	\$135
Package of ten	\$250
Package of twenty	\$470
30 Days Unlimited	\$215
Membership	starts at \$150/m

Single class expires in one month from date of purchase, 5-packs expire in two months, 10-packs expire in four months, and 20-packs expire in eight months from date of purchase.

BOOK YOUR CLASSES ONLINE AT EXHALESPA.COM/BALHARBOUR

MONDAY

8:30AM	EXHALE BARRE	MARIBEL
9:30AM	POWER FLOW YOGA	ANGELA
10:45AM	EXHALE HIIT 30	MARIBEL
6:30PM	FLOW YOGA	LEILANIE

TUESDAY

9:30AM	EXHALE BARRE	TERESSA
10:45 AM	FLOW YOGA	MARIA PAULA
6:30PM	EXHALE BARRE	MORGAN

WEDNESDAY

7:15AM	CORE YOGA	MORGAN
8:45AM	EXHALE HIIT 30	MORGAN
9:30AM	FLOW YOGA	TAMARA
10:45AM	EXHALE BARRE	MORGAN

THURSDAY

9:30AM	EXHALE BARRE	MORGAN
10:45AM	FLOW YOGA	MORGAN
6:30PM	EXHALE BARRE + CARDIO	JACKIE

FRIDAY

8:20AM	FLOW YOGA	TAMARA
9:30AM	EXHALE BARRE	MORGAN
10:45AM	EXHALE HIIT 30	MORGAN
11:30AM	FLOW+CHILL YOGA	LEILANIE

SATURDAY

9:30AM	EXHALE BARRE	MORGAN
10:30AM	EXHALE HIIT	MORGAN
11:30AM	FLOW YOGA	MARIA PAULA

SUNDAY

9:15AM	FLOW YOGA	LEILANIE
10:30AM	EXHALE BARRE	JACKIE
11:30AM	EXHALE CARDIO BLAST	JACKIE
5:00PM	FLOW+CHILL YOGA	LEILANIE

Schedule and teachers are subject to change. Please visit exhalespa.com/balharbour for the most up-to-date schedule.

All classes must be canceled at least **four hours** in advance. Cancellations within four hours will result in a charge to your credit card on file, or a deduction from your series. You can cancel your class online or by calling us.



EXHALE BAL HARBOUR
10295 Collins Ave Bal Harbour FL 33154
305.455.5411 | exhalespa.com

Exhale Barre

Developed by “the world’s foremost living barre experts, Fred DeVito and Elisabeth Halfpapp,” (source: Huffington Post), our **Barre class** gives you a full-body workout using light weights, planks, pushups, squats and ab work to give you a long, lean frame and dancer’s build. After warming up, you’ll use the **ballet barre** and your own bodyweight to sculpt your thighs, chisel your abs, and lift your seat.

Exhale Cardio Blast

We’ve redefined Cardio training. This 45-minute, non-stop workout will keep your mind engaged — and give you real results. It’s toning and endurance using the ultimate combination: cardio intervals to break a sweat. Kick-boxing moves to tone and strengthen. Bonus: the playlist is insanely motivating. You’ll leave with an endorphin-high, a healthier body, and a new favorite song.

Exhale Barre + Cardio

The best of both worlds, this guaranteed-to-make-you-sweat session spends half its time on cardio-centric exercises like punches, twists, and mountain climbers before moving to the barre to tone your thighs, glutes and core. It’s a high-energy, sweaty, full-body workout! (Sneakers optional.)

Exhale HIIT

8 stations. 1-minute intervals. 5-second transitions. This is high-intensity interval training — the revolutionary and famously effective training method to advance your metabolism, heighten your energy, and keep you burning calories all day long. Amplify your fitness using props like TRX, weights, and cutting-edge Step360 technology designed to improve your body’s balance and stability. Go all-out with high-intensity intervals, then mix in mindful moments of active recovery. Pace yourself, breathe, and tune everything else out. Embrace the challenge and leave changed.

HIIT 30

Short on time? Need a one-stop workout in 30 minutes? Exhale’s newest class, HIIT 30, is your answer. It’s 25 straight minutes of nonstop, high-intensity movement, with an ab series at the end. Much like HIIT 30, you’ll use props and intervals, but it’s all done in one place — on your mat. The scalable, full-body, functional exercises constantly change so your body never gets bored, and the 50-second intervals keep your heart rate pumping. Expect to leave feeling stronger and accomplished. You won’t believe what you can get done in 30 minutes.

Exhale Flow Yoga

In our **Flow Yoga** class, you’ll weave your way through creative transitions that lengthen, strengthen, and center. It starts with lighter, deeper poses that begin to build up heat. Then, your movement flows toward more traditional and active poses.

Exhale Power Flow Yoga

Discover more about yourself through our dynamic, challenging, and mindful **Power Flow Yoga** practices. These athletically and mentally challenging classes are set to dynamic, upbeat playlists. Expect a flowing and mindful yoga practice with a dash of energy and personal discovery.

Exhale Core Yoga

Strength, meet yoga. We brought our decades of barre knowledge to this yoga practice that will have you pulsing and toning while you flow. It’s the ultimate strength-building, lean-muscle-inducing yoga class that’s as fun as it is effective. Invigorate your mind, focus on your core, connect every muscle, and leave transformed.