

## CLASS DESCRIPTIONS

**BODY DEFINITION:** An intense total body workout designed to define and tone every muscle in every way and improve muscular strength and endurance.

**BOOT CAMP WORKOUT:** A no nonsense workout with cardio drills and strength building exercises for a challenging, sports training experience. Reach your fitness goals and be prepared to SWEAT in this high-energy, high-intensity class.

**HIIT:** High-intensity interval training, is a training technique in which you give all-out, one hundred percent effort through quick, intense bursts of exercise, followed by short, sometimes active, recovery periods. This type of training gets and keeps your heart rate up and burns more fat in less time. All levels of participants.

**SLOW FLOW VINYASA YOGA:** Slow Vinyasa Yoga is a therapeutic dance of moving meditation. Allows beginners to create their own synchronized movement of how to move, breathe and stretch between poses. Slow flow brings the element of time into the practice. Great for all levels of Yoga practitioners to find their personal challenges, as they slowly and mindfully move.

**HATHA / IYENGAR YOGA:** A strong and fundamental approach to the yoga practice, designed to align your skin, muscles, and bones with a focus on correct postures and technique. Some classes may include the use of props to assist posture properly.

**SUN SALUTATION YOGA:** Begin your morning with a peaceful sunrise and breathtaking views with an ancient sequence that awakens the body, mind and soul.

**RIDE, ABS AND STRETCH:** Target training for the midbody. This class will firm and tighten while improving your posture, torso, flexibility and overall abdominals. Studio setting with cycle bike activity.

**STUDIO CYCLING:** A cardio workout on a stationary bike based on cycling principles. Classes are technique based and/or real terrain based and focus on cadence, heartrate zones, climbs and sprints that can make an unpredictable ride that is fun and challenging.

**NEW FITNESS ON DEMAND™** is a smart fitness kiosk that provides world-class fitness programming on-demand. Browse hundreds of fitness classes—sorted by type, difficulty level or length to find the perfect class to fit your schedule and goals. The FOD Kiosk is located inside our Ritz-Carlton, Key Biscayne, Miami 24 hour fitness center. All guests are welcome to take the classes during free time when we have no live instructor classes programmed. We welcome you to come and experience FOD today!



# FITNESS SCHEDULE

## NOVEMBER 2018 TO APRIL 2019

### MONDAY

#### SUN SALUTATION YOGA

With ILYCE  
Fitness Studio / Grand Lawn  
8:00am

#### STUDIO CYCLING

With MAURICIO  
Fitness Studio  
9:00am

#### STUDIO CYCLING

With YAMI  
Fitness Studio  
6:00pm

### TUESDAY

#### SLOW FLOW VINYASA YOGA

With TIFFANY  
Fitness Studio / Grand Lawn  
8:00am

#### HIIT

With PAUL  
Fitness Studio  
10:00am

#### HATHA / IYENGAR YOGA

With ILYCE  
Fitness Studio  
6:00pm

### WEDNESDAY

#### BODY DEFINITION

With LISA  
Fitness Studio / Grand Lawn  
8:00am

#### STUDIO CYCLING

With LISA  
Fitness Studio  
9:00am

#### STUDIO CYCLING

With MAURICIO  
Fitness Studio  
6:00pm

### THURSDAY

#### SLOW FLOW VINYASA YOGA

With TIFFANY  
Fitness Studio / Grand Lawn  
8:00am

#### HIIT

With PAUL  
Fitness Studio  
10:00am

#### HATHA / IYENGAR YOGA

With ILYCE  
Fitness Studio  
6:00pm

### FRIDAY

#### BODY DEFINITION

With LISA  
Fitness Studio / Grand Lawn  
8:00am

#### STUDIO CYCLING

With LISA  
Fitness Studio  
9:00am

#### RIDE, ABS & STRETCH

With MAURICIO  
Fitness Studio  
6:00pm

### SATURDAY

#### SUN SALUTATION YOGA

With ILYCE  
Fitness Studio / Grand Lawn  
8:30am

#### BOOT CAMP WORKOUT

With MAURICIO  
Fitness Studio  
10:00am

#### HATHA / IYENGAR YOGA

With ILYCE  
Fitness Studio  
5:00pm

### SUNDAY

#### SUN SALUTATION YOGA

With ILYCE  
Fitness Studio / Grand Lawn  
8:30am

#### RIDE, ABS & STRETCH

With ILYCE  
Fitness Studio  
10:00am

All Classes 50 Minutes Duration. Class instructor subject to change. Appropriate fitness attire required. Hotel Guests aged 16 or older are welcome (16-17 must be accompanied with an adult). Please arrive 10-minutes prior to class start time, as space is limited. To minimize disruption, doors will close 5 minutes after class begins. Fitness Studio is located inside the 24 hour fitness center on the lobby level of the resort. Grand Lawn classes will meet at Fitness Center Reception Desk. Outdoor classes are weather permitting. Should you wish to schedule a private one-on-one class, personal training session or have questions please contact the SPA at (305) 365-4197. You may also press extension 4197 from any in-house telephone.