

# EXHALE BAL HARBOUR CLASS SCHEDULE

Schedule for: **FALL 2019**

## SINGLE CLASS + SERIES PRICING

Single session	\$30
New Guest Wellbeing Pack	\$59
Package of five	\$130
Package of ten	\$240
Package of twenty	\$450
Membership	\$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	AMBER
9:30AM	POWER FLOW YOGA	LEILANIE
10:45AM	EXHALE HIIT 30	AMBER
6:30PM	FLOW YOGA	IRENA

### TUESDAY

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

### WEDNESDAY

8:45AM	EXHALE HIIT 30	AMBER
9:30AM	FLOW YOGA	TAMARA
10:45AM	EXHALE BARRE	MORGAN
11:45AM	EXHALE RECOVERY	MORGAN

### THURSDAY

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

### FRIDAY

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

### SATURDAY

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

### SUNDAY

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

Schedule and teachers are subject to change. Please visit [exhalespa.com/balharbour](http://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®

**EXHALE BAL HARBOUR**  
10295 Collins Ave Bal Harbour FL 33154  
305.455.5411 | [exhalespa.com](http://exhalespa.com)

### Exhale Barre

This is what we're famous for. Our barre class combines our signature approach of sustained holds and micro movements with decades of innovation and the latest movement science – straight from the experts. Leave no muscle untouched in this effective total body workout that will tone your muscles and make you shake. (Trust us – it burns so good.) Stand taller. Leave stronger. (Socks required)

### Exhale Barre + Cardio

Break a sweat, pulse deeper, and burn more. All in one intense, efficient, barre-meets-cardio hour. Spend half the class on your mat with hand weights as you move through rapid cardio intervals. Then hit the barre for muscle-defining micro moves. You'll end the hour feeling accomplished and ready to take on anything.

### 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. You'll leave with an endorphin-high and a healthier body. (Sneakers required)

### Exhale HIIT

Get ready. 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. (Sneakers required)

### HIIT 30

Don't hold back. This exhilarating, high-intensity interval training class is just 30 minutes of non-stop movement. For maximum efficiency, it's all done in one place: on your mat. Fire it up with high-intensity intervals using weights, core balls, and your own body weight. Tone and strengthen as you sweat with scalable, full-body exercises proven to bring your fitness to a maximum. Get lost in the moment and come out stronger. (Sneakers required)

### Exhale Flow Yoga

Mindful movement. Athletic, inspiring flows. Deep breaths. Because of the smooth way the poses run together, and the focus on alignment, this is our most popular yoga class. Flow to the latest beats through poses that leave you a little stronger, a little sweeter, and a lot more relaxed than when you came in.

### Exhale Power Flow Yoga

Strike a Power pose. This is flowing, athletic yoga — with a dash of energy and personal discovery. Build strength and tone your whole body as you move to upbeat tracks. Along with a few deep breaths, you're in for a sweat-inducing, mood-boosting hour. You'll leave feeling powerful, strong, and ready for anything.

### Exhale Chill Yoga

This is the class you never knew you needed. Picture a dark room, a blanket, bolster, and mat — and the most relaxing hour of your day. Through long-held, restorative poses, you'll relieve hard-worked muscles, take a break from the daily hustle, and enjoy an hour to simply "chill". Your mind — and your body — will thank you.

### Exhale Recovery

Go beyond the foam roller and enhance your results by experiencing the healing benefits of Recovery. Designed to revive, restore, and rebalance your body after a tough workout, this class includes elements of active stretch, myofascial release therapy, and mindful meditation — giving your body the tools it needs to fully benefit from your fitness routine. Workout hard. Recover harder. Repeat.