

AquaStone Well Spa Fitness Schedule September 2009

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:00AM		Pilates Circuit (Catherine) 60 Minutes		Pilates Circuit (Catherine) 60 Minutes			
8:00AM				Tai Chi (Master Gary) 60 Minutes			Tai Chi (Master Gary) 60 Minutes
9:00AM							Power Yoga (Jade) 90 Minutes
11:00AM		Gentle Yoga (Heidi) 60 Minutes	Yoga <i>Vinyasa</i> (Jade) 45 Minutes		Power Burn (Jade) 45 Minutes		
12:00PM	Ashtanga <i>Yoga</i> <i>Full Primary Series</i> (Jade) 90 Minutes		Creative Core (Jade) 45 Minutes		Yoga <i>Vinyasa</i> (Jade) 45 Minutes	Pilates Circuit (Catherine) 60 Minutes <i>Starting 9/11</i>	
4:30PM						Ashtanga <i>Yoga</i> <i>Essentials</i> (Jade) 60 Minutes	
6:30PM		Yoga (Aria) 60 Minutes		Yoga <i>Vinyasa</i> (Jade) 60 Minutes			

Class Packages Available. 90 Minute Classes \$15/ea. Coming In October.....Morning Stretch Yoga.....& Zumba!!!!

300 Beach Dr. N.E. Ste. 115/ (727)823-4636/ www.aquastonewellspa.com

