



PURA VIE

— SKIN - BODY - YOGA —

Dial 0 to book one of these classes through one of our friendly front desk agents. Classes are complimentary for hotel guests. Non-hotel guest class rate is \$10.00 per person and includes a complimentary pool pass until 12pm as well as a 10% Dining Savings. Yoga Mats and Fitness Equipment is provided for all attendees. The Yoga Studio is located on the 5th. Floor adjacent to the Fitness Room.

Fitness Classes

Monday 9:30 AM

Gentle Yoga

This calming, mind clearing Hatha class for all levels is perfect to stretch and strengthen the body. Focus is placed on breathing and practicing slower-paced postures to ensure proper alignment. Recommended for a stress-relieving, relaxing fitness experience.

Wednesday 9:30 AM

Yoga Sculpt

Yoga meets weight training. Gentle yoga fundamentals that incorporates light free weights and/or resistance bands. Simple yoga sequencing and transitions that incorporate the use of light free weights or resistance bands that tone the upper, lower and core body.

Friday 9:30 AM

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Saturday 10:00 AM*

Vinyasa Flow Yoga/Yoga Dance

Vinyasa Flow—This energizing and vigorous class focuses on synchronizing breath with movement. Concentration on breathing as you flow through each pose awakens strength and flexibility. Transitions between poses will vary from slow to fast speeds which will quickly warm up the body.

Yoga Dance—Hatha Flow mixed with Freestyle, Contemporary, Salsa, and Hip-Hop music and dance styles to feel energized, increase flexibility and endurance. Music choices will vary and basic poses are paired with fluid dance movements.

Saturday Classes Alternate, inquire about this week's class offering