

Monday, September 2

- 9:00 AM **Cardio Mash-Up \$20/person**
Description: *Cardio, weights, fun, and done! Total body workout.*
Location: *Woodlands Spa*
- 10:00 AM **Yoga Sculpt \$20/person**
Description: *Fitness based postures to tone and strengthen*
Location: *Woodlands Spa*

Tuesday, September 3

- 9:00 AM **Tabata Intro \$20/person**
Description: *A version of HIIT. All out cardio intervals.*
Location: *Woodlands Spa*
- 10:00 AM **Core Strength \$20/person**
Description: *Improve posture, flexibility, and endurance.*
Location: *Woodlands Spa*

Wednesday, September 4

- 10:00 AM **Garden Meditation \$20/person**
Description: *Unwind and relax your mind as you are guided through our walking meditation in our Holistic Garden.*
Location: *Meet at Holistic Healing Center*

Thursday, September 5

- 9:00 AM **Fitness Art Walk \$20/person**
Description: *Moderate Pace. Brief insight on 15-20 sculptures. Weather Permitting.*
Location: *Meet at Woodlands Spa*
- 2:00 PM **Essential Oils \$20/person**
Description: *Learn the basics and create your own.*
Location: *Holistic Healing Center*

Friday, September 6

- 9:00 AM **Cardio Mash-Up \$20/person**
Description: *Cardio, weights, fun, and done! Total body workout.*
Location: *Woodlands Spa*
- 10:00 AM **TGIF Stretch \$20/person**
Description: *Traditional Stretches with a touch of yoga.*
Location: *Woodlands Spa*
- 1:00 PM **Afternoon Unwind \$20/person**
Description: *A combination of aroma and sound therapy, chair yoga and meditation*
Location: *Holistic Healing Center*



Saturday, September 7

- 9:00 AM **Tabata Intro \$20/person**
Description: *A version of HIIT. All out cardio intervals.*
Location: *Woodlands Spa*
- 10:00 AM **Core Strength \$20/person**
Description: *Improve posture, flexibility, and endurance.* Location: *Woodlands Spa*

Sunday, September 8

NO CLASSES

