

the Spa

HYATT REGENCY COOLUM

Time	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
8.00am	Tai Chi 1Hour	Cross Training 1 hour		Beginners Pilates 1 Hour		Cross Training 1 hour	
9.00am			Golf stretch ½ Hour				
9.15am	Beginners Yoga 1 hour	Aquacise 1 hour Pilates 1 hour	Aquacise 1 hour Power Pilates 1 hour *9:30*	Aquacise 1 hour	Aquacise 1 hour Yogalates 1 hour	Aquacise 1 hour Beginners Yoga 1 hour	Aquacise 1 hour
4.30pm	Pilates 1 hour	Beginners Yoga 1 hour	Pilates 1 hour	Beginners Yoga 1 hour	Beginners Pilates 1hour	Beginners Yoga 1 hour	
5.45pm			Yoga 1 hour				

Please arrive at least 10 minutes before the start of each class. In the interest of those participating, classes will be closed 5 minutes after commencement of each class.

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Class Description

Aquacise
1 hour class \$15.00

An exercise class in the water. Enjoy the therapeutic benefits of water while working the heart, lungs and muscles.
A maximum number of 20 participants apply.

Yogalates
1 hour \$20.00

Yogalates is a complete mind/body program. Blending the core strength principals of Pilates combined with the calming stretches and breathing techniques of yoga; tone your muscles, improve posture and relaxation.

Cross Training
1 hour class \$15.00

Combines different exercise styles into each session, including Step, Fitball, Strengthening and Conditioning which will include a cardiovascular component.

Power Pilates
1 hour class \$20.00

Pilates based cardio class that targets all your core areas and leaves you feeling energized and well on your way to being fit. Suitable for all levels. * if you have an injury please see instructor *

Pilates
1 hour class \$20.00

Change negative postural habits that lead to back pain and tension as you strengthen, stretch and tone your whole body. With focus on core stabilization, low impact movements and informative instructions, Pilates creates safe & efficient results.

Yoga
1 hour class \$20.00

An ideal way to relax and reduce stress. Improves flexibility, posture, balance, concentration and mental clarity. A combination of deep breathing, stretching and yoga positions. All levels welcome!

A maximum number of 20 participants apply.

Tai Chi
1 hour class \$20.00

Tai Chi is a healing art. It is a series of continuous, circular, slow, relaxed, smooth, flowing movements that has numerous health benefits for people of all ages and health conditions.

A maximum number of 20 participants apply.

Zumba
1 hour class \$20.00

The Zumba program fuses hypnotic Latin rhythms and easy-to-follow moves to create a one-of-a-kind fitness program that will blow you away. The routines feature interval training sessions where fast and slow rhythms and resistance training are combined to tone and sculpt your body while burning fat.

Bookings are essential; please contact The Spa on ext 📞3412.

Activities Schedule and/or Instructors are subject to change without notice.