



THE PHOENICIAN
spa

Fitness Schedule

NOVEMBER 2020

Dial ext. 2452 for reservations

	SUN	MON	TUES	WED	THURS	FRI	SAT
7:30am							
9:00am							
9:30am							
10:00am	Yoga at the Orchid Lawn	Yoga at the Orchid Lawn			Yoga at the Orchid Lawn	Aqua Yoga	Yoga Walk
11:00am							
12:00pm							
3:00pm							
4:30pm							

Check in for the class at the spa reception desk. Temperature checks are required for participation in all fitness activities.

Class sizes are limited to 10 students to accommodate appropriate social distancing guidelines.

Students are required to wear a face covering in all public places including walking to and from the class location.

Face coverings may be removed once on your mat and practicing or in the water.

Yoga at the Orchid Lawn (60 min) All levels of yoga – high intensity vinyasa flow for a powerful yet balanced practice.

Aqua Yoga (50 min) All levels of yoga – relax as you flow with and feel supported by the element of water.

Yoga Walk (50 min) Explore the beautiful Phoenician grounds – power walking, yoga poses and meditation at idyllic spots on property. Face coverings are required for the duration of this class.

Classes are complimentary with the purchase of any 50-minute spa treatment if attended on the same day.

Our first *YOGA* class of the day is complimentary with resort charge. All other classes are \$20 – resort guests receive 50% off with resort charge.

All guests please meet at The Phoenician Spa.

Outdoor classes are weather permitting and may be subject to cancellation. Classes may be changed or cancelled without notice. Holiday schedule subject to change. Please allow 10 minutes for check in.

The Phoenician Spa is an adult only facility. Guests 18 years and older are welcome in all areas of the spa, including locker rooms, treatment center and rooftop pool.