

SCHEDULE OF YOGA CLASSES

WEEK OF AUGUST 5th - AUGUST 11th, 2024



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Sculpt & Serenity	12:30pm (Grey)			9:30am (Grey)	12:30pm (Grey)	10:30am (Grey)	12:30pm (Grey)
Vinyasa	9:30am (Pholett) 11:00am (Grey)	9:00am (Pholett)	9:00am (Pholett)	12:00pm (Grey)	3:00pm (Grey)	12:00pm(Pholett) 1:30pm(Grey)	9:30am (Grey) 2:00pm (Pholett)
Yin Bliss Yoga	2:00pm (Pholett)	11:30am (Pholett)	11:30am (Pholett)			9:00am (Pholett)	11:00am (Pholett)
Wake up & Flow Poolside Yoga	7:00am (Grey)	7:00am (Pholett)				7:00am (Pholett)	

- Fitness Center Hours: 5:00 a.m. to 8 p.m.
- Classes—by appointment only
(702) 770-4772

- Group classes—\$40 each
- A 100% cancellation fee applies for all appointments cancelled within 6 hours of the scheduled start time.

- The Fitness Center is an adult facility and appropriate for guests 18 years of age and older.

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SCULPT & SERENITY- A power filled yoga class meant to challenge you. A practice of body awareness, strength, stamina, flexibility and balance creating improved posture with a strong, stable foundation for movement.. (Limit 6 students)

VINYASA - A style of yoga that is characterized by uniting movement and breath and tapping into your strength, stamina and flexibility. Our goal is to have you leaving this practice feeling capable, connected and balanced. (Limit 6 students)

YIN BLISS YOGA - Yin is a slow-paced style of yoga to unite body, breath, heart and mind. This class features a more meditative approach to yoga, with the goal of awareness and connection to your true self. (Limit 6 students)

WAKE UP & FLOW POOLSIDE YOGA - Start your day with a combination of a Vinyasa flow and Yin yoga poses, with the intention of allowing space to cultivate self-awareness and develop your spiritual practice. (Limit 10 students)