



## DON'T BE A SITTING DUCK.

***"It's simple, if it jiggles, it's fat."*** -Arnold Schwarzenegger

Whether you would like to begin a fitness program or boost your routine, Eau Spa offers a variety of both indoor and outdoor fitness services with our Certified Fitness Specialists to support you in a healthier lifestyle.

### PERSONAL TRAINING

Allow one of our Fitness Specialists to take you through a customized workout. Perfect to aide in achieving your fitness goals, whether you are a fitness novice or avid exerciser.

**30 Minutes \$85**

**60 Minutes \$125**

### ASSISTED STRETCH

Increase flexibility with personal assistance while muscle functionality and range of motion are assessed.

**30 Minutes for \$75**





### **BODY COMPOSITION ANALYSIS**

Skin fold calipers are used to measure the percentage of body fat in relation to lean body mass. Athletic wear required.

**30 Minutes for \$45**

### **BASIC FITNESS ASSESSMENT AND PERSONALIZED PROGRAM**

A Fitness Specialist will assess your current fitness level by testing such areas as your cardiovascular fitness, muscular strength and endurance, flexibility, body composition as well as your blood pressure and heart rate. You'll receive an analysis of your assessment along with workout guidelines based on your results.

**90 Minutes for \$125+**

### **PRIVATE MEDITATION**

Experience the practice of quieting and calming your mind in order to become more focused and present. Take advantage of this effective way to reduce stress, manage pain and relax.

**60 Minutes for \$125**

### **PRIVATE GROUP FITNESS**

Create your own private fitness class for four or more people!

**60 Minutes \$275**

### **FITNESS CLASSES**

**"Ahhhhhhh... I work out!"** – Sexy and I Know It, LMFAO

All classes are \$25 for one class or \$150 for one month's unlimited.

### **BEACH BODY BOOT CAMP**

Join us on the beach for this fun, full body work-out that will help you to sculpt your best beach body. This class incorporates interval training, core work, athletic drills and an exhilarating beach run.

### **TOTAL BODY SCULPT**

Using free weights and medicine balls we will sculpt your way to ultimate fitness!

### **BARRE STRONG FITNESS**

This innovative class combines Yoga, Pilates and Ballet techniques to achieve long and lean muscle contour.

### **VINYASA BLEND YOGA**

All levels are welcome in this flowing yoga sequence class that will improve flexibility and help you to feel more serene and balanced.

### **PRIVATE CLASS**

One on one instruction is available for all of our Movement Studio classes. All private services and classes are also available in a series. Prices will vary.

**The Fitness Center is open 24/7 for hotel guests with room key. Please call 561-540-4960 for more information on current schedule or check the fitness schedule. Please call for current operating hours.**

