

10:30AM

Spa

AERIAL YOGA \$

COCKTAILS IN THE

KITCHEN (SUMMER

SPRITZES) \$

The Cove

9AM

HAPPY HIPS

COCKTAILS IN THE

KITCHEN (WHISKEY

Fitness Center

10:30AM BUNGEE FITNESS \$

SMASH) \$

Spa 2PM

## JUNE WELLNESS SCHEDULE

RESERVATIONS REQUIRED

11AM

VINYASA FLOW

BODY & BARRE \$

ANTI-INFLAMMATORY

Fountain Terrace

12:30PM

Fitness Center

SUMMER \$

The Cove

AVIARA						SCAN THE QR CODE TO RESERVE				
SUN	. 1	MON		TUES	1	WED	THURS	FRI	SAT	
9AM HAPPY HIPS Filness Center 10:30AM BUNGEE FITNESS \$ Spa	1	8AM HIIT W/ PROPS Fitness Center 9AM RISE & SHINE YOGA Fountain Terrace 10AM GLUTE STRENGTH Fitness Center 11AM AERIAL YOGA \$ Spa		9AM ABS & GLUTES Fitness Center 10AM HAPPY HIPS Fitness Center 12PM AERIAL YOGA \$ Spa	3	9AM 4 CARDIO & STRENGTH \$ Fitness Center 10AM AERIAL YOGA \$ Spa 11:30AM OUTDOOR FITNESS FUSION Fountain Terrace	11AM YIN YOGA Spa 12:30PM AERIAL YOGA \$ Spa 4PM THE ART OF TASTE \$ The Cove	BAM HAPPY HIPS Fitness Center 9:30AM BUNGEE FITNESS \$ Spo 10AM RISE & SHINE YOGA Fountain Terrace 11AM AERIAL YOGA \$ Spa 3PM FLOATING MEDITATION \$ Spa	VINYASA FLOW Fountain Terrace 12:30PM BODY & BARRE \$ Fitness Center	
9AM HAPPY HIPS Fitness Center 10:30AM BUNGEE FITNESS \$ Spa 2PM COCKTAILS IN THE KITCHEN (SUMMER SPRITZES) \$ The Cove	8	8AM HIIT W/ PROPS Fitness Center 9AM RISE & SHINE YOGA Fountain Terrace 10AM GLUTE STRENGTH Fitness Center 11AM AERIAL YOGA \$ Spa	9	9AM ABS & GLUTES Fitness Center 10AM HAPPY HIPS Fitness Center 12PM AERIAL YOGA \$	10	9AM 11 CARDIO & STRENGTH \$ Fitness Center 10AM AERIAL YOGA \$ Spa 11:30AM OUTDOOR FITNESS FUSION Fountain Terrace	10AM 12 YIN YOGA Spa 11:30AM AERIAL YOGA \$ Spa 12:30PM PILATES FUSION \$ Fitness Center 4PM THE ART OF TASTE \$ The Cove	BAM 13 GLUTE STRENGTH Fitness Center 9AM OUTDOOR FITNESS FUSION Fountain Terrace 10AM RISE & SHINE YOGA Fountain Terrace 11AM AERIAL YOGA \$ Spa 3PM FLOATING MEDITATION \$	10AM 14 HEALTHY KIDS COOKING \$ The Cove 11AM VINYASA FLOW Fountain Terrace 12:30PM AERIAL YOGA Fitness Center 1PM ANTI-INFLAMMATORY SUMMER \$ The Cove	
PAM HAPPY HIPS Fitness Center 10:30AM BUNGEE FITNESS \$ Spa 2PM COCKTAILS IN THE KITCHEN (WHISKEY SMASH) \$ The Cove	15	HIIT W/ PROPS Fitness Center  9AM RISE & SHINE YOGA Fountain Terrace  10AM GLUTE STRENGTH Fitness Center	6	PAM ABS & GLUTES Fitness Center 10AM HAPPY HIPS Fitness Center 12PM AERIAL YOGA \$ Spa	17	9AM 18 CARDIO & STRENGTH \$ Fitness Center 10AM AERIAL YOGA \$ Spa 11:30AM OUTDOOR FITNESS FUSION Fountain Terrace	10AM 19 YIN YOGA Spa 11:30AM AERIAL YOGA \$ Spa 12:30PM PILATES FUSION \$ Fitness Center	GLUTE STRENGTH Fitness Center 9AM OUTDOOR FITNESS FUSION Fountain Terrace 10AM RISE & SHINE YOGA Fountain Terrace 11AM AERIAL YOGA \$ Spa 3PM FLOATING MEDITATION \$	11AM 21 VINYASA FLOW Fountain Terrace 12:30PM BODY & BARRE \$ Fitness Center	

THE ART OF TASTE \$ AERIAL YOGA \$ The Cove Spa 27 28 22 23 24 9AM 25 26 9AM 9AM 11AM GLUTE STRENGTH HEALTHY KIDS CARDIO & STRENGTH \$ HIIT W/ PROPS VINYASA FLOW HAPPY HIPS ABS & GLUTES COOKING \$ Fitness Center Fountain Terrace Fitness Center Fitness Center Fitness Center Fitness Center The Cove 10AM

AERIAL YOGA \$

OUTDOOR FITNESS FUSION

11:30AM

Fountain Terrace

10AM

12PM

30

HAPPY HIPS

AERIAL YOGA \$

Fitness Center

RISE & SHINE YOGA

**GLUTE STRENGTH** 

AERIAL YOGA \$

HIIT W/ PROPS

RISE & SHINE YOGA

**GLUTE STRENGTH** 

AERIAL YOGA \$

10AM

Spa

8AM

9AM

Fitness Center

Fitness Center

29

Fitness Center

4PM OUTDOOR FITNESS FUSION THE ART OF TASTE \$ The Cove HEALTHY KIDS COOKING \$ The Cove AERIAL YOGA \$ CLEAN EATING BACKYARD BBQ \$

The Cove