



## Lily Pad Day Spa Fitness Classes

**Belly Dancing** is an ancient form of artistic movement from the Middle East, North Africa, and Asia. This workout is designed to concentrate on the hips, buns, thighs and arms through aerobic dance moves and controlled isolation. It is a delightful way to develop a personal expression through movement.

**Hatha Yoga (Beginners welcome)** is an ancient Indian practice which incorporates stretching, posing, breathing and meditation. Hatha Yoga is a gentle practice that increases your flexibility, quiets the mind, and targets and tones muscle groups. Discover a stronger more enlightened you.

**Hot Yoga (Beginners welcome)** is a Hatha Style yoga class that incorporates slow moving and balance poses. The fitness room is heated from 80-90 degrees. Practicing in high heat helps loosen muscles and increase flexibility, detoxify the body, and lose weight.

**\*\*Please be aware this class is not for everyone.**

**Meditation** is a 30 minute class where you will learn the practice of controlled breathing, visualization, and self awareness. Meditation is perfect at the end of a long day, or before any Yoga class.

**Vinyasa Yoga (Beginners welcome)** is an ancient Indian practice which incorporates stretching, posing, breathing and meditation. Vinyasa is a more intense Yoga that incorporates the “connection” of postures. This creates a more cardiovascular workout, and helps develop and tone muscle groups. Discover a stronger more enlightened you.

**Zumba for Weight Loss** combines easy to do moves with infectious International music rhythms. Using traditional dance moves like Salsa, Merengue, Samba, Mambo, Cumbia, and others you will burn 700-900 calories per hour. You will shed pounds, whittle your waistline, tone your legs and buns and sculpt those sexy abs you've always dreamed of! Come for the workout, stay for the party!

We believe your well-being experience continues beyond Spa services within our Spa's Fitness Studio. Juxtaposed stones line our walls while silky drapes hang from the ceiling. Mirrored silhouettes of Islamic domes stand at attention around the studio floor. The soothing sounds of trickling water from our Moroccan fountain create a relaxing soundtrack to your health and wellness experience.

### Fitness Class Schedule

Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
				8:45 HOT Yoga	
11:00 "Deal Days" Hatha Yoga		11:00 "Deal Days" Hatha Yoga		10:00 HOT Yoga	10:00 HOT Yoga
				11:15 Vinyasa Yoga	
6:00 Hatha Yoga	6:00 Belly Dancing	6:00 HOT Yoga	6:00 Zumba for Weight Loss		
7:15 Zumba for Weight Loss	7:15 Vinyasa Yoga	7:15 HOT Yoga			
	8:15 Meditation (30 min)	8:15 Meditation (30 min)			

- All classes are \$90 for the 6-week session (except Meditation & AM Deal Days).
- Meditation: 6 classes \$45. Deal Days: 6 Classes \$60.
- Join with TWO FRIENDS and you all can save 20%! (\$72 for the 6-week session, AM Yoga not eligible for Buddy Packs)
- DROP IN RATE: \$18 (excludes Meditation & Deal Days) Please CALL beforehand to check availability.
- Start dates are subject to change based on minimum attendees. Please call the spa directly for series start dates.
- 6-week class series *must be purchased* to guarantee your enrollment in the class.
- Classes are non-refundable unless cancelled by Lily Pad Day Spa.

**Lily Pad Day Spa – 517 Route 33 East, Millstone Twp, 732-792-1SPA (1772)**