

Verdura Sample Weekly Group Activities



MONDAY

- 8.30 Pilates(fitness studio)
- 10.00 Cross Training(fitness studio)
- 16.30 Circuit Training(fitness studio)
- 18.00 Stretching(fitness studio)

TUESDAY

- 8.30 Hatha Yoga (fitness studio)
- 10.30 Interval Training (fitness studio)
- 16.30 TRX(fitness studio)
- 18.00 Pilates (fitness studio)

WEDNESDAY

- 8.30 Power Yoga(fitness studio)
- 10.00 Step&Tone(fitness studio)

THURSDAY

- 8.30 Pilates(fitness studio)
- 10.00 Zumba (fitness studio)
- 16.30 GAG (fitness studio)
- 18.00 Stretching (fitness studio)

FRIDAY

- 8.30 Stretching (fitness studio)
- 10.00 Cardio Pop Dance (fitness studio)
- 16.30 GAB (fitness studio)
- 18.00 Hatha Yoga(fitness studio)
- 19.00 Salsa&Bachata Dance School(fitness studio)**

SATURDAY

- 8.30 Power Yoga(fitness studio)
- 10.00 Boot Camp (meet at Spa reception)
- 16.30 Zumba (fitness studio)
- 18.00 Pilates (fitness studio)

SUNDAY

- 8.30 Stretching(fitness studio)
- 10.00 Aero Mix Dance (fitness studio)

INTERVAL TRAINING

Series of low- to high-intensity exercise workouts interspersed with rest or relief periods. This activity improves aerobic capacity and permits the person to exercise for longer and/or more intense levels

LOCATION: FITNESS STUDIO.

PILATES

Pilates is designed to strengthen and stretch the muscles, as well as help posture.

LOCATION: FITNESS STUDIO.

STRETCHING

Begin the morning with light stretching that will awake your body and prepare you for the day ahead.

LOCATION: FITNESS STUDIO.

TOTAL BODY

Total Body uses body weight and small weights to increase muscle strength and cardiovascular fitness.

LOCATION: FITNESS STUDIO.

STEP&TONE

This class is a high intensity aerobic workout that improves coordination.

LOCATION: FITNESS STUDIO.

GAG

GAG focuses on toning three key parts of the body: legs, abs and glutes. You'll spend 15 minutes on each of the three body parts, with different exercises.

LOCATION: FITNESS STUDIO.

ZUMBA

Zumba is a fusion of Latin and International music and dance themes, creating a dynamic and exciting fitness class. The routines are a combination of fast and slow rhythms with easy dance steps.

LOCATION: FITNESS STUDIO.

AQUA ZUMBA

Aqua Zumba blends the Zumba philosophy with traditional aqua fitness disciplines to create an effective low impact and fun training.

LOCATION: INDOOR SWIMMING POOL.

AERO MIX DANCE

Specific movements of aerobic gym, develops coordination and tones the body. Easy and fun.

LOCATION: FITNESS STUDIO

CARDIO POP DANCE

Expect a mix of choreographic exercises with easy medium and high intensity routines. Hip hop music mostly used.

LOCATION: FITNESS STUDIO.

GAB

GAB focuses on toning three key parts of the body: legs, abs and arms. You'll spend 15 minutes on each of the three body parts, with different repetition exercises.

LOCATION: FITNESS STUDIO.

CIRCUIT TRAINING

Circuit Training is a form of body conditioning using high-intensity anaerobic circuit workouts. It targets strength building and muscular endurance.

LOCATION: FITNESS STUDIO.

HATHA YOGA & POWER YOGA

Hatha Yoga improves flexibility and has healing effects on the body and on the spine.

Power Yoga is a form occidental of yoga with sequential exercises and constant intense movement.

LOCATION: FITNESS STUDIO.

CROSS TRAINING

Cross Training is a high intensity functional training.

Its offers a sequence of exercises that involve muscular chains with short recovery periods.

LOCATION: FITNESS STUDIO.

BOOT CAMP OUTDOOR

Outdoor boot camp is high intensity functional training aimed at improving overall fitness, resistance, speed and muscle strength.

LOCATION: MEET AT SPA RECEPTION.

TRX

Suspension training body weight exercises that develops strength , balance and core stability.

LOCATION: FITNESS STUDIO.

AQUA GYM

Aqua Gym will increase your body's circulation and tone your muscles, all without impacting your joints.

LOCATION: INDOOR SWIMMING POOL

SALSA y BACHATA SCHOOL

Learn the basics and intermediate steps of the most important couple dances like Salsa and Bachata.

LOCATION: FITNESS STUDIO