



Lantana·Spa

ACTIVITIES AND FITNESS CLASS SCHEDULE

Morning Classes

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:45 – 8:30 am Power Walk & Stretch			7:45 – 8:30 a.m. Power Walk & Stretch		7:45 – 8:30 a.m. Power Walk & Stretch	7:45 – 8:30 a.m. Power Walk & Stretch
8:30 – 9:15 am Yoga by the Pool	8:30 – 9:15 am Mat Pilates		8:30 – 9:15 a.m. Sculpt & Strengthen		8:30 – 9:15 a.m. Mat Pilates	8:30 – 9:15 a.m. Yogalates
9:30 – 10:15 am Aqua-Tone					9:30 – 10:15 a.m. Trek & Sculpt	9:30 – 10:15 a.m. Aqua - Sculpt

Evening Classes

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		5:15 – 6:00 p.m. Yoga by the Pool				
		6:15 – 7:00 p.m. Aqua-Tone		6:15 – 7:00 p.m. Yoga by the Pool		

Classes are subject to change without notice
 Class size is limited – Please arrive 10 minutes prior to start of class

Fitness Classes \$12.00 per class

Fitness Center Use \$15.00 per day

Spa use without Treatment \$30.00 per day

FITNESS CLASS DESCRIPTIONS

Power Walk and Stretch – 45 Minutes

The first half hour will be around our beautiful JW Marriott property to experience the sights and sounds of our Texas terrain. To wrap up our session we will include a full body stretch.

Yoga by the Pool – 45 Minutes

This class is designed for the beginner or avid fitness enthusiast that would like a mind and body class. The class will consist of Sun Salutations, yoga postures, and breathing along with the movement. The class will conclude with a relaxation segment that will leave you peaceful and rejuvenated.

Mat Pilates – 45 Minutes

The class begins and ends on a mat engaging the entire body. It is designed to lengthen, strengthen, and improve flexibility and core strength.

Yogalates – 45 Minutes

Yogalates is a class that allows both practices to join as one. The first part of the class will include yoga postures and Sun Salutations to warm the mind and spirit. The last half will include mat floor work. This will help strengthen, lengthen, and improve core strength and flexibility.

Aqua – Tone – 45 Minutes

Use the natural resistance of water to improve cardiovascular fitness, muscular strength, flexibility and endurance while decreasing stress on joints.

Sculpt & Strengthen – 45 Minutes

This class is for all fitness levels and is designed to improve overall body strength and endurance. Each major muscle group is targeted using a variety of fitness equipment.

Aqua – Sculpt – 45 Minutes

This class is designed to improve upper body strength using a variety of different equipment outside of the pool. Then the class finishes off by a dip in the pool to cool off and work on cardiovascular improvement and leg work.

Trek & Sculpt – 45 Minutes

The first part of the class uses cardio-equipment (treadmill & elliptical) to improve cardio fitness and endurance. The second half will perform moves to sculpt your whole body using a variety of equipment. The last portion will focus on flexibility, leaving you with a full body work out and feeling strong, fit and flexible.

Classes are subject to change without notice
We apologize for any inconvenience this may cause.

APPOINTMENT BASED FITNESS TRAINING:

All Classes are available in Private or Semi Private Sessions.
Please call Lantana Spa for detailed descriptions and pricing.

210-276-2300