

FITNESS MENU

PERSONAL TRAINING SESSIONS

1x 30 minutes \$45; 10x 30 minute sessions \$405

1x 50 minute session \$65; 10x 50 minutes sessions \$585

BASIC TRAINING PACKAGE

3x 45 minute sessions to get you started.

An easy-to-follow program will be created for you.

\$150

ONE-ON-ONE

Yoga, Pilates, Aqua, Zumba® or Spin Session.

1 hour: \$85

GOLF FITNESS

Increase strength, stability, mobility and reduce injuries with a customized golf fitness program. Our trainers will assess your fitness level and customize a golf-specific program to incorporate into your daily routine.

50 minutes: \$95

GOLF STRETCH

One-on-one instruction teaches golf-specific stretching techniques to increase flexibility, distance off the tee and reduce injuries.

30 minutes: \$45

FITNESS CLASSES

Our highly trained fitness instructors conduct weekly group classes including yoga, Pilates, circuit training, body sculpting, and more in our movement studio. Visit SawgrassMarriott.com to view our monthly schedule.

50 minutes: \$15 (for guests)

OUR INSTRUCTORS

DIANE teaches a Hatha style yoga class linking several poses together to create strength, flexibility, endurance, and balance while practicing breathing, feeling, listening to the body, letting go of competition, judgment, and expectations and staying in the present moment.

DIDIER began practicing yoga asanas in Casablanca, Morocco, where he grew up. In 1985, he had the great fortune to meet Gurumayi Chidvilasananda in Ganeshpuri, India. Didier is an Anusara affiliated teacher. He is also a certified Sivananda, Sri Mahesh, Siddha Yoga, and Hatha Yoga teacher.

JUDI grew up in South America. She is a member of IDEA and ACE as well as certified by Zumba fitness. She has been an instructor and Personal Trainer for 21 years instructing in Brazil, Japan, Philadelphia, Hong Kong and Ponte Vedra Beach. Her passion is to motivate Zumba participants to optimize their fitness level.

ANDRE has over 20 years experience as a fitness and wellness coach. He has worked at the University of Miami Wellness Center and at Coastal Carolina Community College as a fitness instructor and wellness coach. His mission is to renew your fitness experience by changing the way you workout.

KELLY is a fitness and Spin instructor, personal trainer, UA Combine360 trainer, high school coach, and mother to four. She lives life following one simple: Faith-Focus-Finish.

LINDSEY WHALEN grew up in Red Bank, N.J and moved to Jacksonville in 2001 to attend The University of North Florida. Lindsey has been a certified Yoga, Pilates and Personal Trainer with over 10 years of experience. Her passion is fitness and she transforms clients lives by encouraging them to live a happy and healthy lifestyle.

SAWGRASS *Spa*

Located at
Sawgrass Marriott Golf Resort & Spa
1000 PGA TOUR Blvd.,
Ponte Vedra Beach, FL 32082
904.674.4772, SawgrassMarriott.com

SAWGRASS *Spa*

FITNESS MENU
AND SCHEDULE

EXT. 6555





FITNESS CLASS DESCRIPTIONS:

ABS, BUTT, ETC. – The routine features aerobic/ fitness interval training that tones, sculpts and strengthens the core muscles of the body.

CORE – Discover new ways to work the core muscle groups without traditional crunches. In-cludes functional training and cardio moves de-signed to target all core muscle groups. Develop efficient postural awareness.

LOWER BODY SCULPT - Accents the abdominals and obliques. Targets the hips, ham-strings, quadriceps and glutes. This class is a great "lead in" class for a cardio work out routine.

SPIN – Get heart healthy with a class designed to introduce you to indoor cycling. Advanced "spinners" are always welcomed! Learn to use your current condition and ability and improve your cardiovascular fitness level.

STRETCH– A full body head to toe stretch . Learn techniques for myofascial release. Gain flexibility and increase range of motion.

YOGA - The secret to health and vitality. This Hatha form of yoga is perfect for the beginner, emphasizing the importance of breathing, feeling and listening to your body. Hatha yoga renews and invigorates the body through lengthening and strengthening muscles, joints and spine.

ZEN SPIN – 30 minutes of cardio healthy indoor cycling followed by 30 minutes of relaxation yoga. All levels are welcome.

ZUMBA – A fusion of Latin and international music-dance themes that create a dynamic, excit-ing fitness system. The routine features aerobic/fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body.

Fitness Class Fee: \$15 per class (non-resort guests)

Class Length: 50 minutes (unless noted)

10-Day Passes: Can be purchased at the spa front desk.

Cancellation/Changes: All classes are subject to change.

FITNESS CLASS SCHEDULE:

MONDAYS

7 a.m.: YOGA with Diane
8 a.m.: SPIN with Andre
9 a.m.: ABS, BUTT, ETC. with Judi
6:00 p.m.: STRETCH with Lindsey

TUESDAYS

8:30 a.m.: SPIN with Kelly
9:30 a.m.: STRETCH with Kelly
5:30 p.m.: YOGA with Diane

WEDNESDAYS

7 a.m.: YOGA with Gail
8:30 a.m.: 20.20.10 CIRCUIT with Judi
9:30 a.m.: CORE with Kelly
10:30 a.m.: ZEN SPIN with Andre
6:00 p.m.: PILATES with Lindsey

THURSDAYS

8:30 a.m.: LOWER BODY SCULPT with Kelly
9:30 a.m.: SPIN with Kelly
5:30 p.m.: YOGA with Diane

FRIDAYS

7 a.m.: GENTLE YOGA STRETCH with Diane
8:30 a.m.: ZEN SPIN with Andre

SATURDAYS

8:15 a.m.: SPIN with Andre
9:15 a.m.: ZEN SPIN with Andre
10:30 a.m.: YOGA with Didier

SUNDAYS

10 a.m.: PILATES with Lindsey

Fitness Center Hours:

Monday - Friday 6 a.m. - 8 p.m.

Saturday – 8 a.m. - 8 p.m.

Sunday – 8 a.m. - 5 p.m.

FOR MORE INFORMATION CALL 904.674.4772 OR VISIT SAWGRASSMARRIOTT.COM