

# ROSARIO®

Resort & Spa

## FITNESS CLASS SCHEDULE

MATWORK . . . . . *Monday & Thursday 8:30 am – 10 am*

A class designed to strengthen and lengthen the muscles with an emphasis on the core. It is a hybrid of modalities including Pilates, Yoga disciplines, basic kinesiology, and bio-mechanics. We begin with some continuous movement of the large and small muscle groups to warm targeted areas of the body and increase its range of motion. We progress into exercises and movements that have a higher degree of difficulty and include SMR or self myo-fascia release techniques with a 6" fitball, strengthening and lengthening throughout the 90 minutes. Movements can easily be modified both for easy or higher intensities.

STRENGTH & CONDITIONING . . . . . *Wednesday & Saturday 8:30 am – 10 am*

This is a multi-leveled class utilizing a repertoire of the most powerful collection of exercises. An emphasis is placed on integrative or functional training allowing the student to make gains in their most daily functions or provide a foundation and building blocks to obtain a specific goal. Our toolbox includes use of exercise bands, dumbbells, a fitball and the body's own weight.

Mon	Tue	Wed	Thr	Fri	Sat	Sun
8:30-10 am Mat		8:30-10 am S&C	8:30-10 am Mat		8:30-10 am S&C	

90 Min Session \$15

5 Class Pass \$55

Unlimited Monthly Class Pass \$115

### Tailored **FiT**ness

Emphasizing Function and Freedom of Movement

Instructor: Jaylin Peacock – ACE Certified Group & Personal Fitness Trainer

*On Beautiful Orcas Island. Listed on the National Historic Register.*

1400 Rosario Road, Eaastsound, WA 98245

p 800.562.8820 360.376.2222 f 360.376.2289 www.rosarioresort.com