

CuisinArt Resort & Spa Fitness Classes

Our fitness classes are complimentary to our guests. Activities are subject to change. There is a daily activity sheet provided to our guests to confirm schedule.

TUESDAY

Relax 'n' Stretch 8:00am

A relaxing, New Age flexibility workout combining movements from yoga and Tai Chi with stretching and breathing exercises. Meet at the Spa Pavilion.

On-the-Ball Training 10:00am

This class includes exercises utilizing the stability ball, and offers a total body strengthening workout. Enhances stability, balance and flexibility. Participants will challenge their bodies in a whole new way! Meet at the Spa Pavilion.

Aquatic Conditioning 3:00pm

A fun and challenging water workout combining aerobic and resistance training exercises. Great for all ages and fitness levels. Meet poolside.

WEDNESDAY

Yoga-on-the-Ball 8:00am

This program combines the stretching and relaxation of yoga with the additional benefits of strength and balance that stability ball training provides. Meet at the Spa Pavilion.

Intro to Pilates Mat Workout 10:00am

An introduction to Joseph Pilates' exercise method. This program will introduce participants to the principles and exercises that are fundamental to the Pilates method of total body conditioning. Meet at the Spa Pavilion.

Total Body Conditioning 3:00pm

This class is designed to strengthen the core and tone the entire body, utilizing resistance tubing while improving balance through the use of the stability ball. Meet at the Spa Pavilion.

THURSDAY

Relax, Refresh & Renew 8:00am

Learn how to manage the stress of everyday living through simple techniques that will help you to release tension throughout the day. Begin your day refreshed, relaxed and ready to take on whatever unexpected events life has to offer. Meet at the Spa Pavilion.

Functional Fusion 10:00am

A great core conditioning workout combining yoga, Pilates, and functional resistance training. This class is designed to strengthen the entire body from the "core" in order to improve the body's basic daily functions. Meet at the Spa Pavilion.

Beach Body Circuit Training 3:00pm

A great fat-burning, muscle-toning workout. An intense combination of resistance training exercises, aerobic activity and a killer abs routine to help you get that beach body! Meet at the Spa Pavilion.

FRIDAY

Boot Camp Workout 8:00am

Add a change of pace to your fitness routine. Participants will run around the property's par course

circuit, performing bodyweight exercises at various stations. A great full body workout. Meet outside the Spa.

Pilates on the Ball 10:00am

A new twist to traditional Pilates training. Enjoy the benefits of the Pilates method with the additional advantages the stability ball provides. Meet at the Spa Pavilion.

Aquatic Kickboxing 3:00pm

A water workout including basic kicks, jabs and punches. This class combines the power of kickboxing with the low-impact benefits of water-based training. A fun and challenging class for all fitness levels. Meet poolside.

SATURDAY

Beach Power Walk 8:00am

A great way to start your day. Enjoy the breathtaking view along our white, sandy beach while at the same time improving your fitness level. Meet at the Beach Bar.

Pilates Stretch & Strengthen 10:00am

This program is a variation of the Pilates Mat Workout, and offers a different variety of Pilates-based exercises utilizing resistance bands. Meet at the Spa Pavilion.

Bodyweight Conditioning 3:00pm

No weights, no bands, no balls... no problem! Discover the keys to using your own bodyweight in order to develop a challenging and unique full body workout.