

Fitness Class Schedule



| spa



WYMAR A

RESORT AND VILLAS
TURKS + CAICOS

Pilates Fusion

Strengthen, lengthen, and sculpt your body in our Pilates mat class. This thoughtful sequence is designed to balance all muscle groups, improve strength and flexibility, with an emphasis on challenging the core.



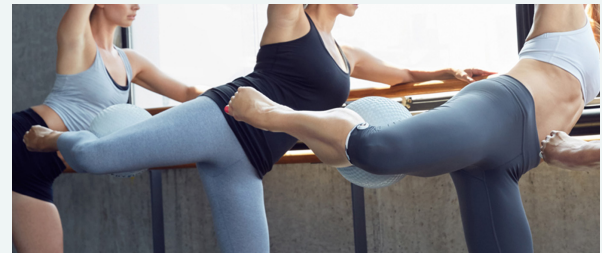
Body Conditioning

Hybrid workout combining elements of Barre, Pilates and Strength Training. High repetitions and sculpting, using both body weight, weights and ballet barre.



Barre

Achieve a sleek, stronger, and more graceful physique with our one-of-a kind Barre class. This dynamic class incorporates the precision of pilates, the mindfulness of yoga, the strength of weight training, and the sculpting benefits of ballet movements to deliver rapid results.



Yoga

Our flow yoga class offers options for all levels of practice. Dynamic movements and creative sequencing are woven together with breath awareness to create heat and release tension from the body. These classes are often compared to "meditation in motion."



Monday

9am
Barre

Tuesday

10:30am
Yoga

Wednesday

10:30am Body
Conditioning

Thursday

9am
Pilates Fusion

Friday

9am
Barre

Saturday

9am
Yoga

Sunday

9am Body
Conditioning

Pricing:

\$30 / Single Class

\$100 / One Week Unlimited

\$200 / 10 Class Package

\$300 / 20 Class Package

* For fitness classes, all guests must register at the spa reception desk 10 minutes prior to the start of class. For the safety of all guests attending classes, late entries will not be allowed into class after 10 minutes have passed.

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