



THE RITZ-CARLTON SPASM
ORLANDO
GRANDE LAKES

WELLNESS CLASSES AVAILABLE

*Please call Spa reservations at 407-393-4200 for an updated schedule and to secure your class request.
Limited availability.*

One on one Personal Training and Fitness Consultations upon request

\$15.00 per 50-minute class

TYPE	DESCRIPTION
Indoor Cycle	Take pleasure in an indoor bike ride, fused with core components. From the beginner to the advanced cycle enthusiasts. Improve your cardiovascular conditioning.
Beginners Ballet	An introduction to Ballet. Toning the body, improving balance, flexibility, posture and coordination. Targeting glutes, thighs and calves.
Workout Mix	A high energy combination of cardio, weights, spin, core training with much much more. A great way to add diverse elements to any workout program.
Street Jazz	Funky Street Jazz Combinations, all set to upbeat music. Giving you an excellent and fun cardio conditioning workout.
To the Core Ab	The focus is on abdominals, back, glutes and groin creating a stronger, more stable core. For individuals seeking an advanced core experience. A great class for improving posture and decreasing injury potential.
Total Body Conditioning	For toning and definition. This workout will increase muscular endurance and overall strength with the use of free-weights, body bar, and resist-a-balls.
Yoga	From Beginners to advanced. The instructor will personalize the class to your needs. This class will improve your strength, flexibility and concentration. Thru breathing, transition and relaxation.
Boot Camp	A fun outdoor workout using the grounds of the resort and natures resistance. Provides individuals a chance to experience exercises unique compared to a traditional gym setting.
Bounce and Burn	A full body workout. Utilizing the bouncy fitness ball. A fun and new way to target and tone all major muscle groups. (Glutes, abs, chest, shoulders etc...)
Pilates	A method of physical and mental exercise involving stretches and breathing techniques. The aim is to improve flexibility, muscle stability and creates a balance with-in the body core.