

# STANTON

## *Come workout with us!*

DAY AND TIME	NAME	DESCRIPTION
<b>SUNDAYS</b> <b>8:30am</b>	<b>STRETCH AND BALANCE</b>	Improves whole body performance and flexibility. This class assists in muscle recovery, increases blood flow for stronger frame support, and the freedom to move.
<b>MONDAYS</b> <b>8:30am</b>	<b>CARDIO RESISTANCE TRAINING</b>	This class incorporates isometric movements with cardio. The focus is to increase metabolism, strengthen through free-weights, power bands or body weight.
<b>TUESDAYS</b> <b>8:30am</b>	<b>MAT PILATES</b>	An excellent class to build lean muscles and elongate posture. Pilates is a known modality in reducing back pain. Centering and concentration are key components of this workout.
<b>WEDNESDAYS</b> <b>8:30am</b>	<b>RESTORATIVE YOGA</b>	A flow dynamic sequence of Vinyasa that is one of the most popular. Restorative Yoga re-educates you on breath control and improves awareness. Meditation in motion.
<b>THURSDAYS</b> <b>8:30am</b>	<b>INTERVAL TRAINING</b>	Get your heart pumping with this total body conditioning HIIT/LIIT. Target anaerobic and stamina. Option to start slow and increase your goal with intermission for optimal health.
<b>FRIDAYS</b> <b>8:30am</b>	<b>YIN YOGA</b>	Melt away stress and connect to your body dimensions through the most relaxing Yoga form. Yin practice gets rid of toxins through blood rushing and leads to mental and physical health.
<b>SATURDAYS</b> <b>8:00am</b>	<b>BEACH BOOT CAMP</b>	Fun drills and circuit games for all fitness levels. Combining natural elements with your mind body energy, this group motivational workout enhances heart and agility.

**Marriott Stanton South Beach**  
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