



# Yoga Classes

AVAILABLE FOR RESORT GUESTS

Join us on our beautiful Ocean Terrace and enjoy breathtaking ocean views as a trained instructor leads you through flowing movements, breathing techniques and combination poses to strengthen your body and focus your mind.

## CLASS OFFERINGS:

Ocean Terrace, 2nd Floor Outside - with the Atlantic Ocean as your backdrop. Included for resort guests paying the Resort Fee. Non-Resort Fee guests and non-resort guests pay \$18 per class (includes valet parking).

- Mondays, Wednesdays & Fridays, 8 a.m.
- Tuesdays & Thursdays, 5 p.m.
- Saturdays & Sundays, 9 a.m.

## SIGN UP AT THE FRONT DESK OR IN SISPA

24-hour cancellation notice required. Classes are contingent upon weather and participation. Class dates and times are subject to change. Future arriving guests are therefore encouraged to contact SiSpa directly to inquire about availability. Minimum age 14 years old. Guests 14-17 must be accompanied by an adult. LIC #CE9995435

Located at the  
Fort Lauderdale Marriott®  
Pompano Beach Resort & Spa  
1200 North Ocean Blvd., Pompano Beach, FL 33062