

# DISCOVER THE ONLY FITNESS PROGRAM YOU NEED

**exhale Barre** Developed by “the world’s foremost living barre experts” (source: Huffington Post), exhale’s barre class is a full-body workout with light weights, planks, pushups, squats and ab work paired with ballet-inspired moves to sculpt the arms, lean the legs, chisel the abs and lift the butt. (Socks required.)

**exhale Barre+Yoga** Balance barre moves for your upper body, thighs, and glutes with athletic, core-centric yoga warrior sequences for your flexibility, balance, and energy. We’ll incorporate light hand weights to tone and strengthen your upper body, and fire up your core with seated yoga poses and a strong core ab section. End the hour with a mindful moment in Savasana.

**exhale Core Yoga** Think of this class as the best of both worlds: the targeted, toning, strengthening movements you’d find in Barre, plus a flowing, athletic yoga practice. Expect a fast-paced vinyasa flow with an extra “oomph” for your thighs, glutes and abs. It’s an incredibly uplifting hour on the mat, geared to stretch and tone body and mind.

**exhale Cardio** Get ready to sweat! This 45-minute, barre-less cardio class includes kickboxing, plyometrics and weight resistance training to help you build muscle and endurance...quickly. Expect high-intensity intervals set to motivating playlists that’ll keep you moving! The class sequences change often so you never get bored and your body sees results. (Sneakers required.)

**exhale HIIT** Our high intensity interval training (HIIT) class will move you through 5 power stations including TRX, weights, gliders, plyo-boxes, and core balls. Short active recovery breaks in between will keep your heart rate high and the quality of your workout at a maximum. The sequences change every month, so the workout — and the challenge — stays fresh. (Sneakers required.)

**exhale HIIT 30** Need a one-stop workout in 30 minutes? HIIT 30 is your answer. It’s 25 straight minutes of nonstop, high-intensity movement, with an ab series at the end. Much like exhale HIIT, you’ll use props and intervals, but it’s all done in one place — on your mat. The scalable, full-body, functional exercises constantly change so your body never gets bored, and the 50-second intervals keep your heart rate pumping. (Sneakers required.)

**exhale Flow Yoga** Think traditional flowing vinyasa with an inspiring playlist. You’ll weave your way through creative, flowing transitions that lengthen, strengthen, and center.

**exhale Chill Yoga** This is the mix of restorative yoga and mindful meditation you didn’t know you needed. On your mat with blankets, props, and calming playlists, you’ll stretch, meditate, restore, and breathe deeply.

**exhale Core Pilates** Experience exhale’s unique approach to Pilates. You’ll strengthen and lengthen with sequences to challenge your entire body, reconnecting you to breath and awakening the core. Tone your entire body while improving strength, flexibility, mobility, and more. You’ll leave energized, inspired, and ready to take on the day.



HAMILTON PRINCESS

BERMUDA

HOTEL • BEACH CLUB • MARINA

76 PITTS BAY ROAD, HAMILTON HM08 BERMUDA  
441.298.6046 EXHALESPA.COM

# MEMBERSHIP + PACK PRICING

## EXHALE BERMUDA CLASS MEMBERSHIP

Annual Membership | \$165/month  
Month-to-month Membership | \$185/month

### Privileges include:

- Unlimited exhale fitness classes (barre, yoga, cardio, HIIT)
  - Preferred private training rates + packages
    - 25% discount on spa therapies
  - 15% discount on exhale boutique purchases

## EXHALE BERMUDA FITNESS MEMBERSHIP

Month-to-month Membership | \$205/month

Enjoy all the privileges of a class membership with the addition of exhale gym access

## CLASS PACKS

Single	\$25
5-pack	\$120 (\$24/class)
10-pack	\$230 (\$23/class)
20-pack	\$430 (\$22/class)

## PRIVATE TRAINING

### Single

### Duo

30-minute	\$65 (\$65/session)	
60-minute	\$115 (\$115/session)	\$155 (\$155/session)
5-pack	\$550 (\$110/session)	\$745 (\$149/session)
10-pack	\$1,080 (\$108/session)	\$1,460 (\$146/session)

*Members receive 10% off all private training sessions and packages*

## GYM HOURS:

Mon–Fri: 6am–9pm

Sat–Sun + Holidays: 8am–8pm

*Single class expires one month from date of purchase; Five-class-packs expire two months from date of purchase; Ten-class-packs expire four months from date of purchase; 20-class-packs expire eight months from date of purchase. All private training sessions and packages expire six months from date of purchase.*