

# EXHALE BERMUDA CLASS SCHEDULE

FOR THE WEEK OF: **December 3-9, 2018**

## EXHALE SINGLE CLASS + SERIES PRICING

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

Single class purchase expires one month from date of purchase; Five-packs expire two months from date of purchase; ten-packs expire four months from date of purchase; 20-packs expire eight months from date of purchase.

## MEMBERSHIP OPTIONS PRICE/MONTH

ANNUAL BERMUDA CLASS MEMBERSHIP	\$165
MONTH-TO-MONTH BERMUDA CLASS MEMBERSHIP	\$185

Unlimited classes at exhale Bermuda • 10% off wellbeing boutique purchases • Preferred private training rates • 20% off spa therapies

## NEW TO EXHALE?

Enjoy 2 classes for the price of 1 | \$25

Class cancellations must be made four hours prior to your class start time. Late cancellations or no-shows will be billed to your credit card on file. Socks are required for Exhale Barre classes. Sneakers are required for Exhale Extreme classes. For the safety of all guests, late entries will not be allowed into class 10 minutes after class start time.

BOOK YOUR CLASSES ONLINE AT  
[EXHALESPA.COM/BERMUDA](http://EXHALESPA.COM/BERMUDA)

### ANNOUNCEMENTS, UPCOMING EVENTS + WORKSHOPS

Exhale Spa is now open, please make your massage or facial reservation by calling ext. 6046 from your room or visit us today!

**But first, Exhale.**  
**Put yourself first and save with our December specials:**

Double the Wellbeing  
Buy one spa therapy, get one 50% off!

Love, Peace, Joy, Wellbeing:  
Give the gift of wellbeing with an *Exhale* giftcard!

*Ends December 31, 2018. Therapies must be received on the same day. Cannot be combined with any other offers or discounts. Subject to availability. Gratuity will be based on full-price therapy. Second therapy must be of equal or lesser value.*

## MONDAY December 3<sup>rd</sup>

9:30 AM	PILATES
12:00 PM	CARDIO
6:00 PM	BARRE

## TUESDAY December 4<sup>th</sup>

7:15 AM	BARRE
9:30 AM	PILATES
12:15 PM	BARRE
5:45 PM	CORE YOGA

## WEDNESDAY December 5<sup>th</sup>

6:30 AM	BARRE
9:30 AM	PILATES
12:00 PM	FLOW YOGA
5:30 PM	HIIT
6:30 PM	CHILL YOGA

## THURSDAY December 6<sup>th</sup>

9:30 AM	PILATES
12:15 PM	BARRE
6:00 PM	BARRE

## FRIDAY December 7<sup>th</sup>

9:30 AM	BARRE
12:00 PM	HITT
5:30 PM	BARRE

## SATURDAY December 8<sup>th</sup>

9:00 AM	BARRE
10:00 AM	FLOW YOGA

## SUNDAY December 9<sup>th</sup>

9:30 AM	HIIT 30
10:15 AM	BARRE + YOGA



EXHALE BERMUDA  
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