

## EXHALE BERMUDA CLASS SCHEDULE

FOR THE WEEK OF: **January 7-13, 2019**

### 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 January specials:**

Spa with a friend and...  
You'll both enjoy 25% off your spa therapies.  
Includes massages, facials, nails, and waxing.

Exercise Daily with...  
30 Days of unlimited classes for \$145

Member Perk!  
Book a 60 minute facial and receive a full size 302 professional face mask.

Ends January 31, 2019. Friend spa therapies must be received on the same day. Gratuity is calculated on full retail price. Classes activate upon purchase and expire 30 days from date of purchase. Member gift subject to availability. Cannot be combined with any other offers or discounts.

### MONDAY January 7<sup>th</sup>

9:30 AM	BARRE
12:00 PM	FLOW YOGA
6:00 PM	BARRE

### TUESDAY January 8<sup>th</sup>

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

### WEDNESDAY January 9<sup>th</sup>

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

### THURSDAY January 10<sup>th</sup>

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

### FRIDAY January 11<sup>th</sup>

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

### SATURDAY January 12<sup>th</sup>

9:00 AM	BARRE
10:00 AM	FLOW YOGA

### SUNDAY January 13<sup>th</sup>

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



EXHALE BERMUDA  
76 PITTS BAY ROAD | HAMILTON HM08 BERMUDA  
441.298.6046 | [EXHALESPA.COM](http://EXHALESPA.COM)