

EXHALE BERMUDA CLASS SCHEDULE

FOR THE WEEK OF: **June 10 - 16, 2019**

EXHALE SINGLE CLASS + SERIES PRICING

Single session	\$30
5-pack	\$120 (\$24/class)
10-pack	\$230 (\$23/class)
20-pack	\$430 (\$22/class)
4 weeks unlimited classes	\$205

Single class purchase expires four weeks from date of purchase; Five-packs expire eight weeks from date of purchase; ten-packs expire sixteen weeks from date of purchase; 20-packs expire 32 weeks from date of purchase.

MEMBERSHIP OPTIONS	PRICE/MONTH
MONTH-TO-MONTH BERMUDA CLASS MEMBERSHIP	\$185
MONTH-TO-MONTH BERMUDA FITNESS MEMBERSHIP	\$205

Unlimited classes at exhale Bermuda • 15% off wellbeing boutique purchases • Preferred private training rates • 25% off spa therapies

NEW TO EXHALE?

Enjoy 2 classes for the price of 1 | \$30

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

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!

**The heat is rising in June!
Put yourself first and save with our June specials:**

Spa:

Book a Hydrafacial and receive a complimentary Perk Eye or Perk Lip

Fitness:

Save 25% when you purchase a fitness class pack!

Offers ends June 30, 2019. Perk must be received at the same time as Hydrafacial. Not combinable with any other discounts or promotions. 20 packs expire 16 weeks from date of purchase. 10 packs expire 8 weeks from date of purchase. 5 packs expire 4 weeks from date of purchase..

MONDAY June 10th

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

TUESDAY June 11th

7:15 AM	BARRE+CARDIO
9:30 AM	PILATES
12:15 PM	BARRE
5:45 PM	FLOW YOGA

WEDNESDAY June 12th

7:00 AM	BARRE
9:30 AM	BARRE
12:00 PM	BARRE
5:30 PM	HIIT
6:30 PM	CHILL YOGA

THURSDAY June 13th

8:15 AM	POOLSIDE YOGA
9:30 AM	PILATES
12:15 PM	BARRE
6:00 PM	BARRE

FRIDAY June 14th

7:00 AM	CARDIO
9:30 AM	BARRE
12:15 PM	HIIT30
1:45 PM	STAND UP PADDLE BASICS+FITNESS
5:30 PM	BARRE

SATURDAY June 15th

8:15 AM	POOLSIDE PILATES
9:30 AM	BARRE
11:45 AM	STAND UP PADDLE BASICS+FITNESS

SUNDAY June 16th

10:00 AM	HIIT 30
10:45 AM	BARRE



EXHALE BERMUDA
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