

EXHALE BERMUDA CLASS SCHEDULE

FOR THE WEEK OF: **March 11-March 17, 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 eight months from date of purchase.

MEMBERSHIP OPTIONS	PRICE/MONTH
ANNUAL BERMUDA CLASS MEMBERSHIP	\$185
MONTH-TO-MONTH BERMUDA CLASS 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!

Hello, March!
Put yourself first and save with our March specials:

Spa

Enjoy a Fusion Massage + True Facial for just \$225.

Fitness

Bring a new to Exhale friend to class for free!

Friend must be new to Exhale fitness to be eligible for free class. Spa therapies valid towards a 60-minute fusion Massage and 60-minute True facial only and must be redeemed by March 31, 2019. Price excludes add-ons and gratuity. Gratuities are based on full price therapies. Cannot be combined with any other offers or discounts. Promotions Expire March 31, 2019.

MONDAY March 11th

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

TUESDAY March 12th

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

WEDNESDAY March 13th

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

THURSDAY March 14th

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

FRIDAY March 15th

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

SATURDAY March 16th

9:00 AM	BARRE
10:00 AM	FLOW YOGA

SUNDAY March 17th

9:30 AM	HIIT 30
10:15 AM	POWER YOGA



EXHALE BERMUDA
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