

EXHALE BERMUDA CLASS SCHEDULE

FOR THE WEEK OF: **May 13 - May 19, 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

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!

Hello, May!

Put yourself first and save with our May specials:

Introducing: Hydrafacial!

Special introductory price of \$150. (Regularly \$190)

About Hydrafacial: This 30-minute facial deeply cleanses and peels, extracts and hydrates, and fuses and protects the skin through our super serums filled with antioxidants, peptides, and hyaluronic acid. Skin health doesn't need to be complicated.

Offers ends May 31, 2019. Price does not include add-ons or gratuity. 17% gratuity based on introductory price.

MONDAY

May 13th

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

TUESDAY

May 14th

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

WEDNESDAY

May 15th

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

THURSDAY

May 16th

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

FRIDAY

May 17th

7:00 AM	CARDIO
9:30 AM	BARRE
12:15 PM	HIIT30
5:30 PM	BARRE

SATURDAY

May 18th

8:15 AM	POOLSIDE YOGA
9:30 AM	BARRE

SUNDAY

May 19th

10:00 AM	HIIT 30
10:45 AM	POWER YOGA



EXHALE BERMUDA
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