

EXHALE BERMUDA CLASS SCHEDULE

FOR THE WEEK OF: **September 16 –22, 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!

Become an Exhale Member and get more...

More inner calm, more outer strength, more head-to-toe, mind body satisfaction.

SPA | \$145/month (annual commitment)

One monthly spa therapy from a select menu

FITNESS | \$205/month

Unlimited Classes | Gym Access

CLASS ONLY | \$185/month

Unlimited Classes

All memberships include:

25% off spa therapies | 15% off boutique purchases
10% off Private training

Ask about our Beach Club and Resort Memberships including access to our Princess Beach Club, Resort Pools and tennis courts.

MONDAY

September 16th

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

TUESDAY

September 17th

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

WEDNESDAY

September 18th

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

THURSDAY

September 19th

7:15 AM	CARDIO BLAST
8:15 AM	POOLSIDE YOGA
9:30 AM	PILATES
12:15 PM	HIIT30
6:00 PM	BARRE

FRIDAY

September 20th

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

SATURDAY

September 21st

8:15 AM	POOLSIDE YOGA
9:30 AM	BARRE
10:30 AM	STAND UP PADDLE BASICS+FITNESS
11:45 AM	STAND UP PADDLE BASICS+FITNESS

SUNDAY

September 22nd

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



BERMUDA
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