

# EXHALE BERMUDA CLASS SCHEDULE

FOR THE WEEK OF: **September 23 – 29, 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](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!

### 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 23<sup>rd</sup>**

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

## TUESDAY

**September 24<sup>th</sup>**

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

## WEDNESDAY

**September 25<sup>th</sup>**

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

## THURSDAY

**September 26<sup>th</sup>**

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

## FRIDAY

**September 27<sup>th</sup>**

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

## SATURDAY

**September 28<sup>th</sup>**

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 29<sup>th</sup>**

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



EXHALE BERMUDA  
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