

EXHALE BERMUDA CLASS SCHEDULE

FOR THE WEEK OF: **September 30 – October 6, 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 30th

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

TUESDAY

October 1st

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

WEDNESDAY

October 2nd

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

THURSDAY

October 3rd

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

FRIDAY

October 4th

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

SATURDAY

October 5th

9:00 AM	BARRE
10:00 AM	FLOW YOGA

SUNDAY

October 6th

10:00 AM	HIIT30
10:45 AM	POWER YOGA



EXHALE BERMUDA
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441.298.6046 | EXHALESPA.COM