

Wellbeing Tracker

Wellbeing encompasses a diverse workout routine, an emphasis on recovery, and living a healthy and balanced lifestyle. Keep track of your goals with this Wellbeing Tracker

WEEKLY GOALS

- 2 **Barre** classes
- 1 **Cardio** or **HIIT** class
- 1 **Yoga** class
- 1 (or more) **Recovery** days (ideas: Chill Yoga, massage, Epsom salt bath)

WEEK 1

- Barre Barre Cardio/HIIT Yoga Recovery

WEEK 2

- Barre Barre Cardio/HIIT Yoga Recovery

WEEK 3

- Barre Barre Cardio/HIIT Yoga Recovery

WEEK 4

- Barre Barre Cardio/HIIT Yoga Recovery

Continue tracking your wellbeing by downloading our printable version: bit.ly/wellbeingtracker

EXHALE BERMUDA

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ATLANTIC CITY

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EXHALE'S FITNESS PROGRAM

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Pricing

NEW GUEST INTRO OFFERS

2 classes for the price of 1 | \$30

CLASS PACKAGES

Single class | \$30

5 class pack | \$120 (\$24/class)

10 class pack | \$230 (\$23/class)

20 class pack | \$430 (\$21.5/class)

4 weeks unlimited classes | \$205

MEMBERSHIP OPTIONS

Class Membership

- Unlimited classes at Exhale Bermuda
- 25% off Exhale spa therapies
- 15% off boutique purchases

\$185/month

Fitness Membership

- Unlimited classes at Exhale Bermuda
- Exhale Gym access
- 25% off Exhale spa therapies
- 15% off boutique purchases
- 10% off personal training

\$205/month

GYM HOURS

Monday - Friday | 6am - 9pm

Saturday - Sunday + Holidays | 8am - 8pm

Intro offer valid for new guests or guests who haven't visited in three months. Single class expires four weeks from date of purchase; Five packs expire 8 weeks from date of purchase; Ten-packs expire 16 weeks from date of purchase; 20-packs expire 32 weeks from date of purchase. Personal training sessions expire 26 weeks from date of purchase. Membership privileges are subject to change.

Personal Training

	Single	Duo
Single Session 30-minute	\$60	\$85
Single Session 60-minute	\$115	\$150
5 Pack 30-minute	\$275 \$55/session	\$400 \$80/session
5 pack 60-minute	\$550 \$110/session	\$725 \$145/session
10 pack 30-minute	\$500 \$50/session	\$750 \$75/session
10 pack 60-minute	\$1050 \$105/session	\$1400 \$140/session



Class Descriptions

BARRE

Barre This is what we're famous for. Our barre class combines our signature approach of sustained holds and micromovements with decades of

innovation and the latest movement science – straight from the experts. Leave no muscle untouched in this effective total body workout that will tone your muscles and make you shake. (Trust us – it burns so good.) Stand taller. Leave stronger. (Socks required.)

Core Pilates Experience Exhale's unique approach to Pilates. You'll strengthen and lengthen with sequences to challenge your entire body, reconnecting you to breath and awakening the core. Tone your entire body while improving strength, flexibility, mobility, and more. You'll leave energized, inspired, and ready to take on the day.



CARDIO

HIIT 45 Get ready. This is high-intensity interval training — the revolutionary and famously effective training method to advance your metabolism, heighten your energy, and keep you burning calories all day long. Amplify your fitness using props like TRX, weights,

and cutting-edge Step360 technology designed to improve your body's balance and stability. Go all-out with high-intensity intervals, then mix in mindful moments of active recovery. Pace yourself, breathe, and tune everything else out. Embrace the challenge and leave changed. (Sneakers required)

HIIT 30 Don't hold back. This exhilarating, high-intensity interval training class is just 30 minutes of non-stop movement. For maximum efficiency, it's all done in one place: on your mat. Fire it up with high-intensity intervals using weights, core balls, and your own body weight. Tone and strengthen as you sweat with scalable, full-body exercises proven to bring your fitness to a maximum. Get lost in the moment and come out stronger. (Sneakers required)

Cardio Blast We've redefined Cardio training. This 45-minute, non-stop workout will keep your mind engaged — and give you real results. It's toning and endurance using the ultimate combination: cardio intervals to break a sweat. Kick-boxing moves to tone and strengthen. You'll leave with an endorphin-high and a healthier body. (Sneakers required.)



YOGA

Power Yoga Strike a Power pose. This is flowing, athletic yoga — with a dash of energy and personal discovery. Build strength and tone your whole body as you move to upbeat tracks. Along with a few deep breaths, you're

in for a sweat-inducing, mood-boosting hour. You'll leave feeling powerful, strong, and ready for anything.

Flow Yoga Mindful movement. Athletic, inspiring flows. Deep breaths. Because of the smooth way the poses run together, and the focus on alignment, this is our most popular yoga class. Flow to the latest beats through poses that leave you a little stronger, a little sweeter, and a lot more relaxed than when you came in.

Chill Yoga This is the class you never knew you needed. Picture a dark room, a blanket, bolster, and mat — and the most relaxing hour of your day. Through long-held, restorative poses, you'll relieve hard-worked muscles, take a break from the daily hustle, and enjoy an hour to simply "chill". Your mind — and your body — will thank you.

STAND UP PADDLE BOARD

SUP Basics An ocean paddle adventure awaits. This Stand-Up Paddle session is a 60 minute experience that introduces the basics of SUP during an easy, fun adventure on the water. Challenge your body, while building confidence and balance as you learn stand up paddling at the picturesque Princess Beach Club. No experience needed! Our certified instructors will guide you through: board stance and position; steering, stopping and turning; paddle stroke technique; moving from kneeling to standing; and safely entering and exiting the board.

Yoga + Paddleboard Lengthen, strengthen, and sweat in the sun. This 60-minute class includes a paddle boarding adventure with your favorite Exhale yoga flow, all on the water, at the Princess Beach Club.

**Swimsuit or active wear required. Price includes paddle board rental and guided paddle board instruction. This class is open to Hamilton Princess Guests & exhale Members. Twenty-four hour pre-booking is required for Stand Up Paddle board.*