

THE RITZ - CARLTON

AMELIA ISLAND

July Wellness Classes

2025

Class Cost: \$25 per person - Room charge only

Resort fee covers one wellness class, per room, per day – max 2 guests

Instructors:

Alicia (AI)	Audrey (Au)
CeeDee (CD)	Cheryl (C)
Kym (K)	Cassie (CA)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
		7a Vinyasa Yoga (CD) 9a Hatha Yoga (CD) 10a Barre (CD) 11a Yin Yoga (CD) 2p Vinyasa Yoga (CD)	7a Hatha Yoga (CA) 8a Abs&Glutes (AI) 9a Spin (AI) 10a Zumba (AI) 11a Mixed Fit (AI)	7a Vinyasa Yoga (C) 8a Pound (AI) 8a AquaFit (Au) 9a Abs&Glutes (C) 10a Mixed Fit (AI) 12:30p Spin Express (AI) 2p Vinyasa Yoga (C) 3p Mind/Body Yoga (C)	7a Sunrise Yoga (C) 8a Abs&Glutes (AI) 9a Barre (AI) 10a Zumba (AI) 11a Mixed Fit (AI) 2p Vinyasa Yoga (C) 3p Mind/Body Yoga (C)	7a Vinyasa Yoga (C) 8a Pound (AI) 9a Spin (AI) 10a Mixed Fit (AI) 11a Zumba (AI) 2p Mind/Body Yoga (CD) 3p Vinyasa Yoga (CD)
6	7	8	9	10	11	12
7a Hatha Yoga (CD) 8a Vinyasa Yoga (CD) 9a Mind/Body Yoga (CD) 10a Barre (CD) 11a Yin Yoga (CD)	7a Vinyasa Yoga (CD) 8a Barre (CD) 9a Mind/Body Yoga (CD) 10a Barre (CD) 11a Yin Yoga (CD) 2p Vinyasa Yoga (CD)	7a Vinyasa Yoga (CD) 9a Hatha Yoga (CD) 10a Barre (CD) 11a Yin Yoga (CD) 2p Vinyasa Yoga (CD)	7a Hatha Yoga (CA) 8a Abs&Glutes (AI) 9a Spin (AI) 10a Zumba (AI) 11a Mixed Fit (AI) 2p Chisel (CA) 3p Yin Yoga (CA)	7a Vinyasa Yoga (C) 8a Pound (AI) 8a AquaFit (Au) 9a Abs&Glutes (C) 10a Mixed Fit (AI) 12:30p Spin Express (AI) 2p Vinyasa Yoga (C) 3p Mind/Body Yoga (C)	7a Sunrise Yoga (C) 8a Abs&Glutes (AI) 9a Barre (AI) 10a Zumba (AI) 11a Mixed Fit (AI) 2p Vinyasa Yoga (C) 3p Mind/Body Yoga (C)	7a Vinyasa Yoga (C) 8a Abs&Glutes (C) 9a Yoga Sculpt (C) 10a Power Yoga (C) 11a Spin (C)
13	14	15	16	17	18	19
7a Hatha Yoga (CD) 8a Vinyasa Yoga (CD) 9a Mind/Body Yoga (CD) 10a Barre (CD) 11a Yin Yoga (CD)	7a Vinyasa Yoga (CD) 8a Barre (CD) 9a Mind/Body Yoga (CD) 10a Barre (CD) 11a Yin Yoga (CD) 2p Vinyasa Yoga (CD)	7a Vinyasa Yoga (CD) 9a Hatha Yoga (CD) 10a Barre (CD) 11a Yin Yoga (CD) 2p Vinyasa Yoga (CD)	7a Hatha Yoga (CA) 8a Abs&Glutes (AI) 9a Spin (AI) 10a Zumba (AI) 11a Mixed Fit (AI) 2p Chisel (CA) 3p Pilates (CA)	7a Vinyasa Yoga (CD) 8a Pound (AI) 8a AquaFit (Au) 9a Barre (CD) 10a Mixed Fit (AI) 12:30p Spin Express (AI) 2p Vinyasa Yoga (CD) 3p Mind/Body Yoga (CD) 4p Tai Chi (K)	7a Sunrise Yoga (C) 8a Abs&Glutes (AI) 9a Barre (AI) 10a Zumba (AI) 11a Mixed Fit (AI) 2p Vinyasa Yoga (C) 3p Mind/Body Yoga (C)	7a Vinyasa Yoga (C) 8a Pound (AI) 9a Spin (AI) 10a Mixed Fit (AI) 11a Barre (AI) 2p Sculpt (C) 3p Mind/Body Yoga (C)
20	21	22	23	24	25	26
7a Hatha Yoga (C) 8a Vinyasa Yoga (C) 9a Mind/Body Yoga (C) 10a Barre (C) 11a Yin Yoga (C)	7a Vinyasa Yoga (CD) 8a Barre (CD) 9a Mind/Body Yoga (CD) 10a Barre (CD) 11a Yin Yoga (CD) 2p Vinyasa Yoga (CD)	7a Vinyasa Yoga (CD) 9a Hatha Yoga (CD) 10a Barre (CD) 11a Yin Yoga (CD) 2p Vinyasa Yoga (CD)	7a Hatha Yoga (CA) 8a Abs&Glutes (AI) 9a Spin (AI) 10a Zumba (AI) 11a Mixed Fit (AI) 2p Chisel (CA) 3p Sculpt (CA)	7a Vinyasa Yoga (C) 8a Pound (AI) 8a AquaFit (Au) 9a Abs&Glutes (C) 10a Mixed Fit (AI) 12:30p Spin Express (AI) 2p Vinyasa Yoga (C) 3p Mind/Body Yoga (C)	7a Vinyasa Yoga (C) 8a Abs&Glutes (AI) 9a Barre (AI) 10a Zumba (AI) 11a Mixed Fit (AI) 2p Vinyasa Yoga (C) 3p Mind/Body Yoga (C)	7a Vinyasa Yoga (C) 8a Pound (AI) 9a Spin (AI) 10a Mixed Fit (AI) 11a Zumba (AI) 2p Sculpt (C) 3p Mind/Body Yoga (C)
27	28	29	30	31		
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Wellness Class Descriptions

Abs & Glutes – Let's get together to work and tone those areas we love the most. Your instructor will guide you through stations that will incorporate a variety of techniques and tools to target the abdominal muscles and the lower region of the body.

Aqua Fit - This powerful aqua class goes from fast & furious to slow & strong then wild to mild. You'll work in chest deep water through powerful propulsion combined with high intensity intervals and finish with Zen relaxation and stretching. For an overall workout that won't get your hair wet, just get into the pool for an express workout!

Barre – A full-body, muscle endurance workout that highlights different segments to focus on major muscle groups including the arms, legs, glutes, and core.

Body Tone – This strengthening workout focuses on toning the whole body with dumbbells and body weight exercises.

CHISEL - This standing + mat work classical Pilates class weaves together standing balance/alignment and single leg work at a moderate speed/intensity. Class consists of 25 minutes on the mat work for strength + range of motion/stretch and 25 minutes standing Pilates work for strength/balance/posture. Class incorporates floor mat work and light weights.

Mild Stretch – Enjoy the morning and get your body moving with a light to moderate full body stretching class that will incorporate 30 to 60 second holds for each movement. Feel great that you did something good for your body.

Morning Stretch, Core & Strength – An instructor guided morning stretch followed by an abdominal toning session and ending in a workout you can do anywhere. For on-the-go individuals who desire a great start to the day and awaking the entire body

Mixed Fit - Get the best of both worlds, resistance and cardio. In this dynamic class, you will move between different instructor guided stations in timed intervals that will incorporate all major muscle groups. Leave this class feeling like you've checked all the boxes for your workout.

Nordic Walking- Regular walking but with hand-held Nordic walking poles. Burns 40% more calories than regular walking with less stress on the joints. Join us for a great workout!

Pilates/Classical Mat – Feel revitalized through a series of precise, controlled movements that target all muscle groups in the body whilst working on posture, functionality and flexibility. It's also one of the ultimate mindful training practices, aiding stress and anxiety relief through breathing exercises, which is one of the key principles of Classical Pilates.

Pound Fitness - This full-body aerobic jam session combines low impact with simulated drumming of the specially designed Ripstix provided for you. This class incorporates cardio, Pilates, plyometric, and isometric postures for a workout that will have you feeling like a Rockstar!

SCULPT - Elevate your fitness routine with a full-body workout that targets multiple muscle groups at once that combines cardio, strength training, and flexibility exercises to tone muscles and improve fitness. Sculpt classes can include a variety of movements, such as weightlifting, bodyweight exercises, and Pilates or yoga-inspired moves.

Spin and Spin Express – Climb aboard a spin bike and be ready for an intense cardio workout. Spin express is a 30m class designed for high intensity

Tai Chi/Qigong: Meditation in Motion - Begin your day with this energizing and effective class. By combining controlled breathing, movement and meditation, you will increase agility, balance and flexibility as you move through the forms. You will leave class rejuvenated in mind, body and spirit.

Yoga

Hatha Yoga focuses on posture and breathing techniques, traditionally to channel vital energy source. The class will incorporate breathing, poses and meditation. You will feel refreshed and invigorated.

Mind/Body Yoga is the practice that involves stretching the body and forming different poses while keeping your breath slow and controlled. This helps the body become both relaxed and energized at the same time.

Power Yoga This is an all-levels flowing yoga practice that is suitable for everyBODY, connecting breath with intentional movement and mindfulness, it is a low-impact practice focused on an empowerment mindset.

Vinyasa Yoga also called "flow" because of the smooth way the poses run together, is one of the most popular contemporary styles of yoga. It's a broad classification that encompasses many different types of yoga, including Ashtanga and power yoga.

Yin Yoga is a slower paced, more meditative version where the poses are held for a long period of time (typically three to five minutes or longer) to target the connective tissues. As a result, the asanas are more passive holds, with little muscular engagement. Yin Yoga can be done by all participants.

Zumba – Ditch the Workout, Join the Party. This dance fitness class is an exhilarating, effective, easy to follow calorie burn. Enjoy the Latin inspired, hip-hop, pop and other multi-cultural music as you smile and have fun the entire class.

****Individual Personal Training****

24-hour advance notice required

\$85 per session and \$35 per additional guest

To schedule, please touch extension 5013 or call *Leisure Reservations* at 904-277-1087