




JUMBY BAY ISLAND
ANTIGUA - WEST INDIES

Mindfulness & Fitness Sessions





We are delighted to have you as our guest and share our daily programming experiences to promote the awakening of the physical body and mental clarity. Our hope is that through these moments we will ignite your wellness spirit or assist in maintaining your present wellness lifestyle.

Please note the following:

- Capacity for classes hosted in the Wellness Pavilion is 6 persons
- Capacity for Aqua Fit Classes is 12 persons.
- Yoga, Barre Body, Core Max, Aqua Fit, Dance Fit, Boxing, Pilates, Functional Training, Personal Training, and other disciplines are available as Private Sessions at US\$190 for 60-minute and US\$270 for 90-minute sessions.
- Private Group Sessions are available at US \$380 for groups of 4-6 persons for 60-minute sessions and US\$540 for 90-minute sessions.
- There is an additional \$40 charge per person for Private Group Sessions of 7 or more persons.

Please note all above charges are subject to 17% government tax and 10% service charge.

Please contact the Spa by dialing '4423' or '4424' or by email at spa.jbi@oetkercollection.com and we would be delighted to make the arrangements for you and your family up to 48 hours ahead of your session.

Mindfulness & Fitness Sessions

Monday

Morning Yoga

8:00am – 9:00am
Wellness Pavilion

Morning Stretch

10:00am – 10:45am
Wellness Pavilion

Core Max

3:30pm – 4:00pm
Wellness Pavilion

Tuesday

Deep Core

8:15am – 9:00am
Wellness Pavilion

Aqua Fit

10:15am – 11:00am
Sand Bar Pool

Sound Bath

Meditation
4:30pm – 5:15pm
Wellness Pavilion

Wednesday

Mat Pilates

8:00am – 9:00am
Wellness Pavilion

Restorative Yoga

4:30pm – 5:15pm
Wellness Pavilion

Mindfulness & Fitness Sessions

Thursday

Deep Core

8:15am – 9:00am
Wellness Pavilion

Aqua Fit

10:15am – 11:00am
Sand Bar Pool

Sound Bath

Meditation
4:30pm – 5:15pm
Wellness Pavilion

Friday

Restorative Yoga

8:00am – 9:00am
Wellness Pavilion

Morning Stretch

10:00am – 10:45am
Wellness Pavilion

Core Max

3:30pm – 4:00pm
Fitness Center

Saturday

Aqua Fit

10:15am – 11:00am
Sand Bar Pool