




# 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 12 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](mailto: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 Stretch**

8:15am – 9:00am

Wellness Pavilion

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### **Core Max**

3:30pm – 4:00pm

Wellness Pavilion

## Tuesday

### **Deep Core**

8:15am – 9:00am

Wellness Pavilion

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### **Aqua Fit**

10:00am – 10:45am

Sand Bar Pool

## Wednesday

### **Functional Training**

8:15am – 9:00am

Wellness Pavilion

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# Mindfulness & Fitness Sessions

## Thursday

### Deep Core

8:15am – 9:00am  
Wellness Pavilion

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### Aqua Fit

10:00am – 10:45am  
Sand Bar Pool

## Friday

### Morning Stretch

8:15am – 9:00am  
Wellness Pavilion

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### Core Max

3:30pm – 4:00pm  
Wellness Pavilion

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