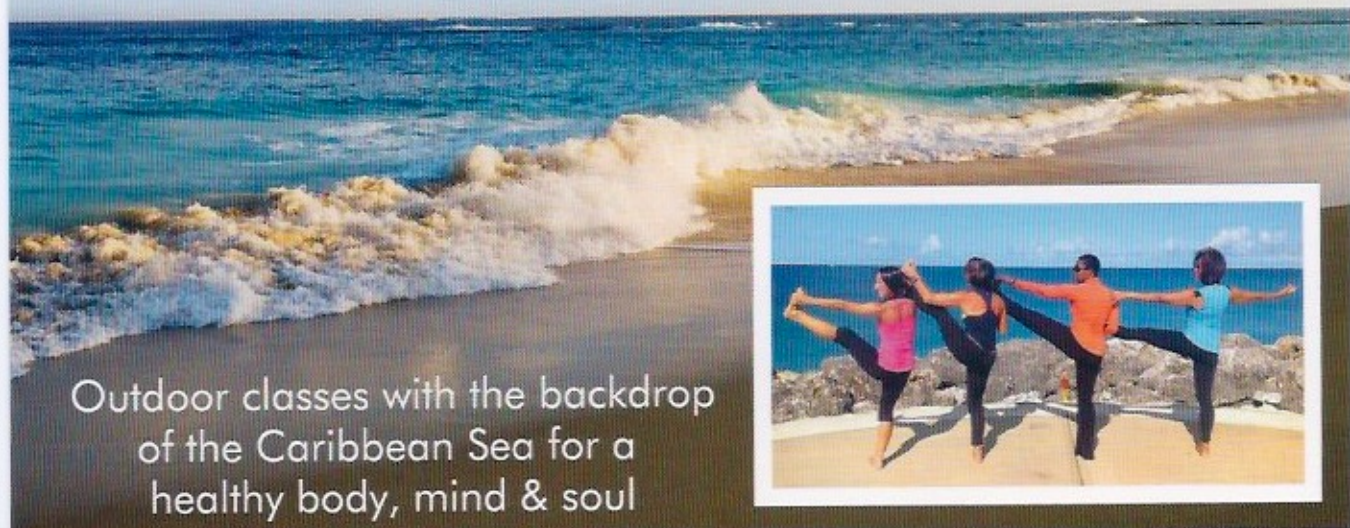


Port St. Charles, Barbados

Wellness Program

(December 01, 2014 - March 31, 2015)

Find us on Facebook and You Tube



Outdoor classes with the backdrop of the Caribbean Sea for a healthy body, mind & soul



	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7.00 AM			Hatha Yoga Marie-Helene		Hatha Yoga Marie-Helene		
7.30 AM	Dynamic Yoga Ursula	Gentle Yoga Dale		Hatha Yoga Dale		Flow Yoga Antonina	Fitness Class Helipad Dale
9.00 AM	Paddle Board Yoga Antonina Call to book						
10.00 AM	Intro to SUP Must reserve						
11.00 AM			Aquacise Yacht Club Sea Dale		Aquacise Yacht Club Sea Dale		Aquacise Sunset Isle Pool Dale
5.00 PM				Sunset Yoga Ursula			

Please note that whilst we endeavour to run the classes as listed, changes may occur. Check our Facebook page for updates.

- Yoga:** Held on the Helipad or at the Yacht Club if it rains. Bring a towel, yoga mat & wear sunscreen. Some mats are available to borrow. Bds \$30 for 75 minutes
- Aquacise:** Classes on Tuesdays and Thursdays are held in the sea and participants must be comfortable in deep water. Bring a noodle or we have some. Saturday's class is held in the pool and is ideal for non swimmers. Bds \$25 for 45 minutes.
- Fitness Class:** Outdoor circuit/cross training workout with modifications for all levels of fitness. Wear running shoes, bring a towel, water bottle and a mat. Bds \$25.00 for 45 minutes
- Paddle Board Yoga:** This class is open to all - no experience required! Must be able to swim. Call Antonina to reserve a board. Meet at the North Beach. Bds \$40 for 60 minutes.
- Intro to SUP:** Beginner paddle board lesson that includes photos of your SUP experience, cool refreshments and lots of fun. Meet at the North Beach. Must book with Ryan, 243-7878. Bds \$80 for 90 minutes - Special rate for Port St. Charles residents and guests.
- Questions?** Call Certified Instructors: Antonina: 259-8070, Dale: 419-1119, Marie-Helene: 419-1132 & Ursula: 844-1574