



 spa rosseau

# Mind & Body Class Schedule

Friday, May 28 – Monday, September 6, 2010

Mind & Body Studio classes are for adults, 16 and older.

**\$15 per person.** Reservations suggested.

## MONDAY

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### YOGA

**9am – 10am**

Experience exhilarating Hatha style yoga. A steady blend of breathing, meditation and yoga poses held for a series of breaths.

## TUESDAY

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### YOGALATES

**4pm – 5pm**

Yoga and Pilates fusion; standing and balancing Yoga poses to engage the core synergistically, combined with Pilates strengthening exercises.

## WEDNESDAY

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### ACTIVE MEDITATION

**9am – 10am**

Take some time to relax and rejuvenate through powerful breathing techniques proven to lower stress and improve the immune system. Soothe your mind, body and soul.

For additional information,  
please contact Spa Rosseau.

**705 765 7000**

**877 765 0567 toll free**

The Rosseau, A JW Marriott Resort & Spa  
P.O. Box 31, 1050 Paignton House Road,  
Minett, Ontario, Canada P0B 1G0

[www.sparosseau.com](http://www.sparosseau.com)

## THURSDAY

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### POWER YOGA

**4pm – 5pm**

Breath and movement linked together to perform a series of healing poses to strengthen and lengthen.

## FRIDAY

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### YOGALATES

**9am – 10am**

Yoga and Pilates fusion; standing and balancing Yoga poses to engage the core synergistically, combined with Pilates strengthening exercises.

### YOGA

**4pm – 5pm**

Experience exhilarating Hatha style yoga. A steady blend of breathing, meditation and yoga poses held for a series of breaths.

## SATURDAY

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### MULTI-PLANE FUSION

**9am – 10am**

A full-body cardio, shape and conditioning class using all six directional planes.

### ZUMBA

**10:15am – 11:15am**

This class fuses hypnotic Latin rhythms and easy-to-follow moves with interval training where fast & slow rhythms accompany resistance training to tone and sculpt.

### YOGALATES

**4pm – 5pm**

Yoga and Pilates fusion; standing and balancing Yoga poses to engage the core synergistically, combined with Pilates strengthening exercises.

## SUNDAY

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### CIRCUIT SCULPT

**9am – 10am**

A high energy, circuit-style class designed to sculpt your body!

### POWER YOGA

**10:15am – 11:15am**

Breath and movement linked together to perform a series of healing poses to strengthen and lengthen.

All prices are subject to applicable taxes. Activity prices and times may change without notice. Please check with the Spa.



# Resort Fitness Activities Schedule

Friday, July 2 – Monday, September 6, 2010

Aqua Classes for Resort Guests only.

**Complimentary.** Reservations not required.

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## MONDAY

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### MORNING POWER WALK

**8am – 8:45am** The Rosseau Lobby  
Enjoy a morning walk around The Rosseau. Wear comfortable shoes and clothing.

### FAMILY AQUAFIT

**2pm – 3pm** Paignton House Pool  
Together with your family, perform Aquafit strength and cardio movements. Equipment may be used to increase endurance or add variety to movement.

## WEDNESDAY

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### MORNING POWER WALK

**8am – 8:45am** The Rosseau Lobby  
Enjoy a morning walk around The Rosseau. Wear comfortable shoes and clothing.

For additional information,  
please contact Spa Rosseau.

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## THURSDAY

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### RISE & SHINE POOL WORKOUT

**8am – 8:45am** The Rosseau Pool  
Rise and shine with this great pool workout. Join the early birds as we combine the right amount of stretching, strength, and cardio to keep you going throughout the day.

### AQUA RUNNING

**2pm – 3pm** The Rosseau Pool  
Deep water cardio! A safe way to run without the impact of outdoor running.

## FRIDAY

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### SUNRISE STRETCH

**7:30am – 8am** Lakeview Lawn  
Wake up with a stretch overlooking Lake Rosseau!

### MORNING POWER WALK

**8am – 8:45am** The Rosseau Lobby  
Enjoy a morning walk around The Rosseau. Wear comfortable shoes and clothing.

### AQUA BOOT CAMP

**2pm – 3pm** The Rosseau Pool  
An intense aquafit class to condition your body and push it to the limit.

## SATURDAY

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### RISE & SHINE POOL WORKOUT

**8am – 8:45am** The Rosseau Pool  
Rise and shine with this great pool workout. Join the early birds as we combine the right amount of stretching, strength, and cardio to keep you going throughout the day.

### 20/20/20

**2pm – 3pm** The Rosseau Pool  
Work the full body with 20 minutes of cardio, 20 minutes of effective toning and a 20 minute stretch. Equipment may be used to increase resistance.

## SUNDAY

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### MORNING POWER WALK

**8am – 8:45am** The Rosseau Lobby  
Enjoy a morning walk around The Rosseau. Wear comfortable shoes and clothing.