

YOGIiZA



FITNESS

YOGiiZA Beachfront Yoga: Rise & Shine for a beachfront yoga flow. Our classes incorporate the traditional hatha & vinyasa system by synchronizing breath with movement while working on strength and flexibility. Acqualina has the most beautiful setting for yoga, whether it's your first class or you're an advanced practitioner. Choose from one of three tracks: Power Flow, Slow Flow, or Restore.

Power Flow: A powerful flow to generate heat and get your body moving with an emphasize on strength and mobility.

Slow Flow: Moving at a slower pace allows us to become familiar with the essence of Yoga. Through proper form and breath coordination we explore the deeper, more subtle realities of the practice.

Restore: Restorative yoga provides an opportunity to tune in to what's going on beneath the surface in order to understand an injury or simply allow time to relax and release.

YOGiiZA Meditate: If you're curious about meditation this class is for you. You will learn practical techniques for starting a regular meditation habit. Experience a mindful meditation leaving you clear and centered throughout the day.

YOGiiZA Pilates Mat: Focus on developing core strength, flexibility, balance and stamina. In this class, we teach awareness of breathing patterns and spinal alignment, while engaging the deep muscles of the core.

YOGiiZA Personal Training: Experience a one-on-one session with a certified personal trainer. You can work towards a specific personal goal, or leave it to the trainer to guide you through a total body workout. Choose to train in the Acqualina Fitness Center using Techno Gym or outside using props and your own body weight.

Pricing: 60 Minute Session: \$135

90 Minute Session: \$190

*90 Minute Session may include a Wellness Consultation combined with physical exercise or 90 Minutes of physical exercise.



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