

SPA
BELLAGIO

ALL-DAY USE OF FITNESS CENTER AND SPA (FACILITY FEE):

With a spa treatment
Complimentary

Without a spa treatment
\$25

Personal Training (50 minutes)
\$75

Private Pilates (50 minutes)
Mat or Reformer
\$75

Sport/Therapeutic Stretch (20 minutes)
A thorough stretch of muscles after your workout
\$40

All Fitness Classes (50 minutes)**

**We ask that you be signed up and checked in at least 20 minutes prior to class start time. Due to the nature of the Reformer Pilates class, there can be no late entries.

\$40

Private Fitness Classes (50 minutes)

One person
\$75

Two or more persons
\$40

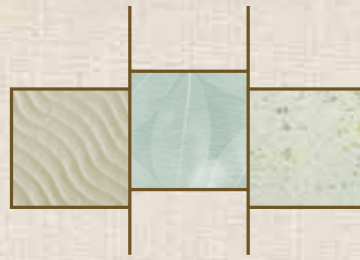
Power Plate Training

Introduction to Power Plate (15 minutes)
\$35

Strength or Stretch Session (25 minutes)
\$45

Comprehensive Session (50 minutes)
\$75

*All prices include \$25 facility fee where applicable.
Two-hour cancellation policy applies to all Fitness services.



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FITNESS CLASS SCHEDULE

All classes are 50 minutes

PLEASE be signed up and checked in at least 20 minutes prior to class start time!

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:30 a.m.					POOLSIDE SPIN	POOLSIDE SPIN	
8 a.m.				MAT PILATES			HOLISTIC HATHA YOGA
9 a.m.	BELLAGIO BODY BLAST	MAT PILATES		REFORMER PILATES**	BELLAGIO BODY BLAST	JIVAMUKTI YOGA	BELLAGIO BODY BLAST
10 a.m.		REFORMER PILATES**	SPINNING	SPINNING	SPINNING	SPINNING	
11 a.m.	HOLISTIC HATHA YOGA		HOLISTIC HATHA YOGA	JIVAMUKTI YOGA	JIVAMUKTI YOGA	BELLAGIO BODY BLAST	
Noon							
1 p.m.							
2 p.m.		JIVAMUKTI YOGA					

*CLASS SCHEDULE SUBJECT TO CHANGE--PLEASE be on time! Class may be shortened or cancelled if participants are late.

Bellagio Body Blast

Sharpen your mind-body awareness while challenging your core (abs and back). This class incorporates elements of Pilates and yoga on a stability ball.

Holistic Hatha Yoga

A vinyasa flow combining breath with movement for an empowering yoga practice balancing the energies within the body toward positive transformation to open the heart and quiet the mind.

Mat Pilates

This class is slow paced to focus on Pilates basics and stretching. First-timers welcome! Exercises will focus on the core (abs and back) utilizing classical mat work, small balls and resistance bands.

PLEASE be aware that a two-hour cancellation policy applies to all fitness classes.

Reformer Pilates**

Limited to two participants. Develop a strong, lean body with exercises on the reformer (Pilates machine). This class is designed for beginners or those looking to focus on Pilates basics.

**Due to the nature of this class, you must be on time. Sorry, there can be no late entries.

Spinning

High-intensity cardio cycling class, tailored to all levels of cardiovascular fitness.

Jivamukti Yoga

This is a slow-paced class, designed for the beginning yoga student however, all levels are invited to attend. Use our supportive environment to concentrate on form and alignment.