

# THE RITZ - CARLTON

AMELIA ISLAND

## March Wellness Classes

# 2026

**Class Cost:** \$25 per person – Room charge only

Resort fee covers one wellness class, per room, per day – max 2 guests

**Instructors:**

Alicia (AI)	Audrey (Au)
CeeDee (CD)	Cheryl ©
Kym (K)	Cassie (CA)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 9a Mind/Body Yoga (CD) 10a Barre (CD) 11a Yin Yoga (CD)	2 8a Barre (CD) 9a Mind/Body Yoga (CD) 10a Barre (CD) 11a Yin (CD) 2p Cardio Tennis (Rob) 3p Chisel (CA) 4p Pilates (CA) 5p Yin Yoga (CA)	3 8a Tai Chi (K) 9a Vinyasa (CD) 10a Barre (CD) 11a Yin (CD) 3p Sculpt (CA) 4p Pilates (CA) 5p Yin Yoga (CA)	4 9a Spin (AI) 10a Zumba (AI) 11a Mixed Fit (AI) 3p Mediation (CA) 4p Pilates (CA) 5p Yin Yoga (CA)	5 7a Vinyasa Yoga (C) 8a AquaFit (Au) 10a Mixed Fit (AI) 3p Mind-Body Yoga (C) 4p Pilates (CA) 5p Yin Yoga (CA)	6 7a Vinyasa Yoga (C) 9a Barre (AI) 10a Zumba (AI) 11a Mixed Fit (AI)	7 7a Vinyasa (C) 9a Spin (AI) 10a Mixed Fit (AI) 11a Zumba (AI)
8 9a Mind/Body Yoga (C) 10a Barre (C) 11a Yin Yoga (C)	9 8a Barre (CD) 9a Mind/Body Yoga (CD) 10a Barre (CD) 11a Yin (CD) 2p Cardio Tennis (Rob) 3p Chisel (CA) 4p Pilates (CA) 5p Yin Yoga (CA)	10 8a Tai Chi (K) 9a Vinyasa (CD) 10a Barre (CD) 11a Yin (CD) 3p Sculpt (CA) 4p Pilates (CA) 5p Yin Yoga (CA)	11 9a Spin (AI) 10a Zumba (AI) 11a Mixed Fit (AI) 3p Mediation (CA) 4p Pilates (CA) 5p Yin Yoga (CA)	12 7a Vinyasa (C) 8a AquaFit (Au) 10a Mixed Fit (AI) 3p Mind-Body Yoga (C) 4p Pilates (CA) 5p Yin Yoga (CA)	13 7a Vinyasa (C) 9a Barre (AI) 10a Zumba (AI) 11a Mixed Fit (AI)	14 7a Vinyasa (C) 9a Spin (AI) 10a Mixed Fit (AI) 11a Zumba (AI)
15 9a Mind/Body Yoga (CD) 10a Barre (CD) 11a Yin Yoga (CD)	16 8a Barre (CD) 9a Mind/Body Yoga (CD) 10a Barre (CD) 11a Yin (CD) 2p Cardio Tennis (Rob) 3p Chisel (CA) 4p Pilates (CA) 5p Yin Yoga (CA)	17 8a Tai Chi (K) 9a Vinyasa (CD) 10a Barre (CD) 11a Yin (CD) 3p Mediation (CA) 4p Pilates (CA) 5p Yin Yoga (CA)	18 9a Spin (AI) 10a Zumba (AI) 11a Mixed Fit (AI) 3p Mediation (CA) 4p Pilates (CA) 5p Yin Yoga (CA)	19 7a Vinyasa (C) 8a AquaFit (Au) 10a Mixed Fit (AI) 3p Mind-Body Yoga (C) 4p Pilates (CA) 5p Yin Yoga (CA)	20 7a Vinyasa (C) 9a Barre (AI) 10a Zumba (AI) 11a Mixed Fit (AI)	21 7a Vinyasa (C) 9a Spin (AI) 10a Mixed Fit (AI) 11a Zumba (AI)
22 9a Mind/Body Yoga (CD) 10a Barre (CD) 11a Yin Yoga (CD)	23 8a Barre (CD) 9a Mind/Body Yoga (CD) 10a Barre (CD) 11a Yin (CD) 2p Cardio Tennis (Rob) 3p Chisel (CA) 4p Pilates (CA) 5p Yin Yoga (CA)	24 8a Tai Chi (K) 9a Vinyasa (CD) 10a Barre (CD) 11a Yin (CD) 3p Sculpt (CA) 4p Pilates (CA) 5p Yin Yoga (CA)	25 9a Mind/Body Yoga (CD) 10a Barre (CD) 11a Yin Yoga (CD) 3p Meditation (CA) 4p Pilates (CA) 5p Yin Yoga (CA)	26 7a Vinyasa (C) 8a AquaFit (Au) 10a Barre (CD) 3p Mind-Body Yoga (C) 4p Pilates (CA) 5p Yin Yoga (CA)	27 7a Vinyasa (C) 9a Tone (CA) 10a Barre (CA) 11a Hatha Yoga (CA)	28 8a Tone (CA) 9a Spin (AI) 10a Mixed Fit (AI) 11a Zumba (AI)
29 9a Mind/Body Yoga (CD) 10a Barre (CD) 11a Yin Yoga (CD)	30 8a Barre (CD) 9a Mind/Body Yoga (CD) 10a Barre (CD) 11a Yin (CD) 2p Cardio Tennis (Rob) 3p Chisel (CA) 4p Pilates (CA) 5p Yin Yoga (CA)	31 8a Tai Chi (K) 9a Vinyasa (CD) 10a Barre (CD) 11a Yin (CD) 3p Sculpt (CA) 4p Pilates (CA) 5p Yin Yoga (CA)				

## **WELLNESS CLASS DESCRIPTIONS**

Abs & Glutes	Using a variety of tools and techniques, you will be guided through prescribed exercises in stations targeting the abdominals and lower extremities.
Cardio Tennis	For adults on the go, Cardio Tennis is the perfect way to maximize your time and stay active. Whether you're looking to energize your day or unwind after a busy one, this high-intensity clinic, led by our Mouratoglou certified coaches, delivers a fast-paced, fun workout that combines tennis with fitness. Join us to elevate your game and boost your fitness, all while enjoying an exciting, high-energy class!
Aqua Fit	A powerful aqua class varies from fast and furious to slow and strong then wild to mild. In chest deep water using powerful propulsion combined with high intensity intervals and finishing with relaxation and stretching.
Barre	A full-body, muscle endurance workout that highlights different segments to focus on major muscle groups including the arms, legs, glutes, and core.
Chisel	Class incorporates floor mat work and light weights using exercises that improve strength/balance/posture/range of motion.
Mixed Fit	Get the best of both worlds, resistance and cardio. In this dynamic class, you will move between different instructor guided stations in timed intervals that will incorporate all major muscle groups.
Pilates	This traditional mat class follows the classical Joseph Pilates methodology focusing on core stability, isolation, articulation and breath to lengthen and tone the legs, abs and back; strengthening the deeper postural muscles. I
Sculpt	A full-body workout that targets multiple muscle groups simultaneously fusing cardio, strength training, and flexibility exercises improving body tone and functional movements.
Spin/Spin Express	Climb aboard a spin bike and be ready for an intense cardio workout. Spin express is a 30m class designed for high intensity.
Tai Chi Qigong	An ancient Chinese martial art initially developed as a form of self-defense and combat, it has evolved into a low-impact and, gentle exercise that that is a series of deliberate, flowing motions while focusing on breath.
Hatha Yoga	This classical yoga style focuses on posture and breathing techniques, traditionally to channel vital energy source. The class will incorporate breathing, poses and meditation.
Mind/Body Yoga	A practice that involves stretching the body into different poses while keeping your breath slow and controlled. This helps the body become both relaxed and energized at the same time.
Power Yoga	This is an all-levels flowing yoga practice that is suitable for everyBODY, connecting breath with intentional movement and mindfulness, it is a low-impact practice focused on an empowerment mindset.
Vinyasa Yoga	This class features connecting movement with breath through a series of carefully curated postures. You will focus on balance, while being challenged through a dynamic sequence that integrates the entire body.
Yin Yoga	A meditative recovery practice with fewer poses and longer holds, an emphasis on breath and observation. The longer, holds, slower movements and deep breath target the connective tissues.
Zumba	A medium intensity fitness program that is choreographed to upbeat music that incorporates cardio and latin dance.
Meditation	With supportive narration, guided meditation gently leads you through focused breathing, visualization, and mindful awareness, helping you release tension and cultivate inner calm.
**Full-Moon Yoga	<i>Advanced registration is required. To book, call Leisure Reservations at 904-277-1087</i>

**\*\*Individual Personal Training & Private Lessons\*\***

**24-hour advance notice required**

\$85 per session and \$35 per additional guest

**To schedule, please touch extension 5013 or call *Leisure Reservations* at 904-277-1087**