

**Fitness at Fern Tree is an extension of our Spa wellness programs. We hope that you enjoy working out while at Half Moon.**

**Please communicate to your instructors any health issues or restrictions that you may have so they can adjust the exercises appropriately for you.**

**We ask that you come to class on time. If you are more than 10 minutes late please do not enter the class. Most exercise classes require a warm-up period and skipping the warm-up is not recommended.**

**We are happy to assist you with your wellness needs. Our fitness and spa staff are available to answer questions about wellness, fitness and spa services.**

## **Exercise is Medicine**

**Taken in the correct dosage and at the correct frequency exercise is very good for your physical and mental health.**

**Taken in excess it can cause injury and soreness. Be sure to go at your own pace and remember to drink plenty of water.**

**Daily stretching is highly recommended for everyone. Remember to stretch after your workouts.**



## **Fitness Schedules**

**Yoga**

**Pilates**

**Fitness**

**Personal Training**

## Yoga & Yogalates

*with Gabriele*

*"Health is wealth, yoga shows the way"*

### Classes available everyday:

#### Yoga at the Yoga Pavilion

7:30am - 8:20am

10:00am – 10:50am

#### Yoga with Meditation

4:30 – 5:30 pm

#### Yogalates at the Beach

*Yoga stretches combined with  
Pilates mat-sience*

8:45am - 9:35am

#### Yoga Retreat Day:

Includes One Morning Yoga session , One Evening Yoga session, Pranajama, philosophy and meditation

**Class: \$30 per person**

**Private (1 person): \$100 per session**

**Yoga Retreat Day \$US \$120 per person**

## Mat Pilates

*with Kim*

*"The whole must be exercised to achieve good health"*

### Monday – Friday

#### at Yoga Pavilion

8:30am - 9:20am

3:10 pm – 4:00pm

#### Pilates for Golfers

12:30 – 1:15 pm

**Consistent exercises that focus on the development of core stability will enhance your overall well-being. If you are suffering from poor posture or nagging muscle soreness we recommend combining the correct fitness exercises with therapeutic massage to help relieve the pain.**

**Class: \$35 per person**

**Private (1 person): \$100 per session**

**Duets: \$80 per person per session**

**Trios: \$70 per person per session**

## Aerobics/Fitness

*with Caratta*

### Water Aerobics

**at the Fern Tree Lagoon Pool**

#### Monday – Friday

9:00am – 9:50am

\$25 per person

#### At the Fitness Center

### 30/20 Low Impact Aerobics

*30 min. cardio workout that conditions the total body following by 20 min. of stretching to release tension.*

5:00pm - 5:50pm

\$25 per person

#### Buns & Abs

*Feel the burn! Concentrates only on the abdominals and glutes.*

12:00pm - 12:30pm & 4:30pm - 4:55pm

\$15 per person

#### Personal Training Sessions

\$80 per session

*Sessions are to be pre-booked within at least 4 hours of their commencement at reception at The Fern Tree by dialing ext. 6752 or ext. 6753. If unable to attend, you must provide a cancelation within at least 4 hours of their commencement. Class sizes are limited. Prices do not include a 8.25% Government Tax.*