

# EXHALE BAL HARBOUR CLASS SCHEDULE

Schedule for: **JULY 2020**

## SINGLE CLASS + SERIES PRICING

Single session	\$30
New Guest Wellbeing Pack	\$59
Package of five	\$140
Package of ten	\$270
Package of twenty	\$510
Membership	\$150/m

*Single class expires in one month from date of purchase, 5-packs expire in two months, 10-packs expire in four months, and 20-packs expire in eight months from date of purchase.*

BOOK YOUR CLASSES ONLINE AT  
**EXHALESPA.COM/BALHARBOUR**

### MONDAY

9:30AM	EXHALE FLOW YOGA (LAWN)	MICHELLE
10:45AM	EXHALE BARRE	MICHELLE

### TUESDAY

9:30AM	EXHALE BARRE	JESSICA
10:45AM	EXHALE FLOW YOGA (LAWN)	JESSICA

### WEDNESDAY

10:00AM	EXHALE HIIT30	JACKIE
10:45AM	EXHALE BARRE	JACKIE

### THURSDAY

9:30AM	EXHALE BARRE	PAULINE
10:45AM	EXHALE FLOW YOGA (LAWN)	PAULINE

### FRIDAY

9:30AM	EXHALE BARRE	JACKIE
10:45AM	EXHALE BARRE	JACKIE

### SATURDAY

10:15AM	EXHALE BARRE	MICHELLE
11:30AM	EXHALE FLOW YOGA (LAWN)	MICHELLE

### SUNDAY

10:15AM	EXHALE BARRE	JADE
11:30AM	EXHALE CARDIO BLAST	JADE

Schedule and teachers are subject to change. Please visit [exhalespa.com/balharbour](http://exhalespa.com/balharbour) for the most up-to-date schedule.

All classes must be canceled at least **four hours** in advance. Cancellations within four hours will result in a charge to your credit card on file, or a deduction from your series. You can cancel your class online or by calling us.

# exhale®

**EXHALE BAL HARBOUR**  
10295 Collins Ave Bal Harbour FL 33154  
305.455.5411 | [exhalespa.com](http://exhalespa.com)

#### Exhale Barre

This is what we're famous for. Our barre class combines our signature approach of sustained holds and micro movements with decades of innovation and the latest movement science – straight from the experts. Leave no muscle untouched in this effective total body workout that will tone your muscles and make you shake. (Trust us – it burns so good.) Stand taller. Leave stronger. (Socks required)

#### Exhale Cardio Blast

We've redefined Cardio training. This 45-minute, non-stop workout will keep your mind engaged — and give you real results. It's toning and endurance using the ultimate combination: cardio intervals to break a sweat. Kick-boxing moves to tone and strengthen. You'll leave with an endorphin-high and a healthier body. (Sneakers required)

#### Exhale HIIT

Get ready. This is high-intensity interval training — the revolutionary and famously effective training method to advance your metabolism, heighten your energy, and keep you burning calories all day long. Amplify your fitness using props like TRX, weights, and cutting-edge Step360 technology designed to improve your body's balance and stability. Go all-out with high-intensity intervals, then mix in mindful moments of active recovery. Pace yourself, breathe, and tune everything else out. Embrace the challenge and leave changed. (Sneakers required)

#### HIIT 30

Don't hold back. This exhilarating, high-intensity interval training class is just 30 minutes of non-stop movement. For maximum efficiency, it's all done in one place: on your mat. Fire it up with high-intensity intervals using weights, core balls, and your own body weight. Tone and strengthen as you sweat with scalable, full-body exercises proven to bring your fitness to a maximum. Get lost in the moment and come out stronger. (Sneakers required)

#### Exhale Flow Yoga

Mindful movement. Athletic, inspiring flows. Deep breaths. Because of the smooth way the poses run together, and the focus on alignment, this is our most popular yoga class. Flow to the latest beats through poses that leave you a little stronger, a little sweatier, and a lot more relaxed than when you came in.

#### Exhale Power Flow Yoga

Strike a Power pose. This is flowing, athletic yoga — with a dash of energy and personal discovery. Build strength and tone your whole body as you move to upbeat tracks. Along with a few deep breaths, you're in for a sweat-inducing, mood-boosting hour. You'll leave feeling powerful, strong, and ready for anything.

#### Exhale Chill Yoga

This is the class you never knew you needed. Picture a dark room, a blanket, bolster, and mat — and the most relaxing hour of your day. Through long-held, restorative poses, you'll relieve hard-worked muscles, take a break from the daily hustle, and enjoy an hour to simply "chill". Your mind — and your body — will thank you.

#### Exhale Recovery

Go beyond the foam roller and enhance your results by experiencing the healing benefits of Recovery. Designed to revive, restore, and rebalance your body after a tough workout, this class includes elements of active stretch, myofascial release therapy, and mindful meditation — giving your body the tools it needs to fully benefit from your fitness routine. Workout hard. Recover harder. Repeat.