

# THE RITZ-CARLTON SPA, FORT LAUDERDALE

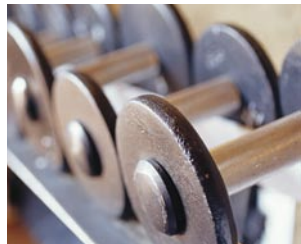
PRESENTS



## SPRING/SUMMER

### MIDWEEK SPA SHAPE-UP

Come join motivating fitness instructor, Roxanne Salas, for an hour of spectacular sunrise or sunset conditioning and yoga classes overlooking the ocean. Roxanne Salas is certified by the College of Sports Medicine, IDEA, AFAA and SriNaranda Yoga institute Yoga Alliance and will accommodate all levels of fitness agility.





### **Stability Ball Total Body Conditioning ~ one hour**

Using a fitness ball, we'll perform exercises that strengthen back muscles and give you a full body workout. The ball's mobility engages several muscle groups to maintain balance, thus maximizing the workout benefit.

*Please meet the instructor at the 8th floor Fitness Center.*

### **Pool Side Yoga Pilates Stretch ~ one hour**

The Yoga and Pilates combination is a perfect balance of stretching, breathing and toning. Allow your body to use its natural potential to heal and restore internal equilibrium. You will be using your own body weight to add resistance to your muscles. This exercise is highly recommended for individuals who may suffer from lower back problems. *Please meet the instructor poolside.*

### **Swedish Massage ~ 50 minutes**

This soothing therapeutic massage will improve circulation and remove lactic acid build up, while completely relaxing body and mind.

**Total Body Conditioning:** Monday-Wednesday 4:00 PM – 5:00 PM

**Pool Side Yoga Pilates:** Tuesday-Thursday 8:00 AM – 9:00 AM

Package includes one hour fitness class and 50-minute Swedish massage.  
Two hours total: \$150

*\*Fitness Classes and Spa Package are available mid-week April 1 through August 31, 2010. Please contact The Spa at (954) 302-6490 for reservations. 24-hour advance notice is required to avoid a cancellation fee. This special fitness/spa combination cannot be paired with any other offer.*