

MONTHLY YOGA SCHEDULE

YOGA SCHEDULE | APRIL 6TH – 19TH

**RANCHO
SANTANA**

MONDAY

7:30 AM | BARRE FUSION
5:30 PM | ENERGY RESTORE

TUESDAY

8 AM | PILATES
5:30 PM | YIN YOGA

WEDNESDAY

7 AM | **WELLNESS WEDNESDAY***
9 AM | VINYASA YOGA
5:30 PM | SUNSET RESTORATIVE & SOUND

THURSDAY

8 AM | PILATES
4 PM | **SUNSET SLOW FLOW***
5:30 PM | YIN YOGA

FRIDAY

9 AM | SLOW FLOW YOGA
10:30 AM | **FITCORE FLOW YOGA***
2:30 PM | **ICE BATH & BREATHWORK***
5 PM | CARDIO DANCE FITNESS

SATURDAY

8 AM | HATHA YOGA
10 AM | POWER PILATES

SUNDAY

7:30 AM | **FULL BODY LONGEVITY
WORKOUT***
9 AM | SLOW FLOW
5:30 PM | YOGALATES

WELLNESS WEDNESDAY

*Every Wednesday from 7 am to 8:15 am, enjoy an elemental private experience featuring Qigong focused on the Fire element, guided Breathwork representing Air, a Guided Meditation grounded in Earth, and access to the Contrast Therapy Pools, embodying Water.

LIMITED TO 4 PEOPLE.

1 PERSON C\$1,831 / US\$50

2 PEOPLE C\$3,298 / US\$90

3-4 PEOPLE C\$1,464 / US\$40 PER PERSON

This experience is subject to availability, please register no later than Tuesday at 4 pm.

SPECIAL EVENTS

JOIN A BREATHWORK & REIKI SESSION

TUESDAY, APRIL 14TH
THE TREETOP YOGA PALAPA
11 AM - 1 PM
C\$1,831 / US\$50

MONTHLY SPECIALS

EMBRACE THE NICA CAMPO RITUAL

Indulge in a head-to-toe spa ritual inspired by Nicaragua's countryside. This signature treatment blends a coffee & cacao scrub with a hydrating cashew and tobacco mask, followed by our signature facial and a relaxing manicure and pedicure.

SPECIAL 10% OFF AVAILABLE DURING
APRIL: C\$17,213 / US\$470

EXPLORE YOGA CLASSES DETAILS



DROP IN CLASS C\$919 / US\$25 EACH

PRIVATE CLASSES ARE C\$2,930 / US\$80 FOR 2 PEOPLE

C\$732 / US\$20 PER PERSON AFTER THE INITIAL C\$2,930 / US\$80 FEE

ALL CLASSES WELCOME ALL LEVELS OF YOGIS

IF YOU ARE AN OWNER, ASK ABOUT OUR 10-CLASS PACKAGE

***CLASSES ARE PART OF THE FITSOULS WELLNESS RESIDENCY, LOCATIONS ARE SUBJECT TO CHANGE, AND PRICES MAY VARY BY CLASS. THEY CANNOT BE INCLUDED IN THE HOMEOWNER PACKAGE OR ANY OTHER PACKAGE.**