

SUGAR BEACH

A VICEROY RESORT • ST. LUCIA



FITNESS PROGRAM

MONDAY

08:00 AM

* Morning Yoga with Anitanja – Sunset Deck - 20 USD per person

Start the day with our group yoga session to help prepare both your mind and body for the day ahead.

11:00 AM

Ab-Solution – Sunset Deck

A series of exercises focusing on your abs.

WEDNESDAY

08:00 AM

Mat Pilates – Sunset Deck

A series of exercises to firm and tone the glutes, abs and legs.

05:00 PM

* Sunset Yoga with Anitanja – Sunset Deck – 20 USD per person

A flow of balance and flexibility with Shivananda yoga and Core Strength Vinyasa.

THURSDAY

07:30 AM

Nature Walk – starts at the Fitness Center

Join our trainer for a hike within the resort. Work out while discovering our beautiful surroundings. Bring your bottle of water. The hike will last between 60 to 90 minutes.

FRIDAY

08:00 AM

* Morning Yoga with Anitanja – Sunset Deck - 20 USD per person

Start the day with our group yoga session to help prepare both your mind and body for the day ahead.

11:00 AM

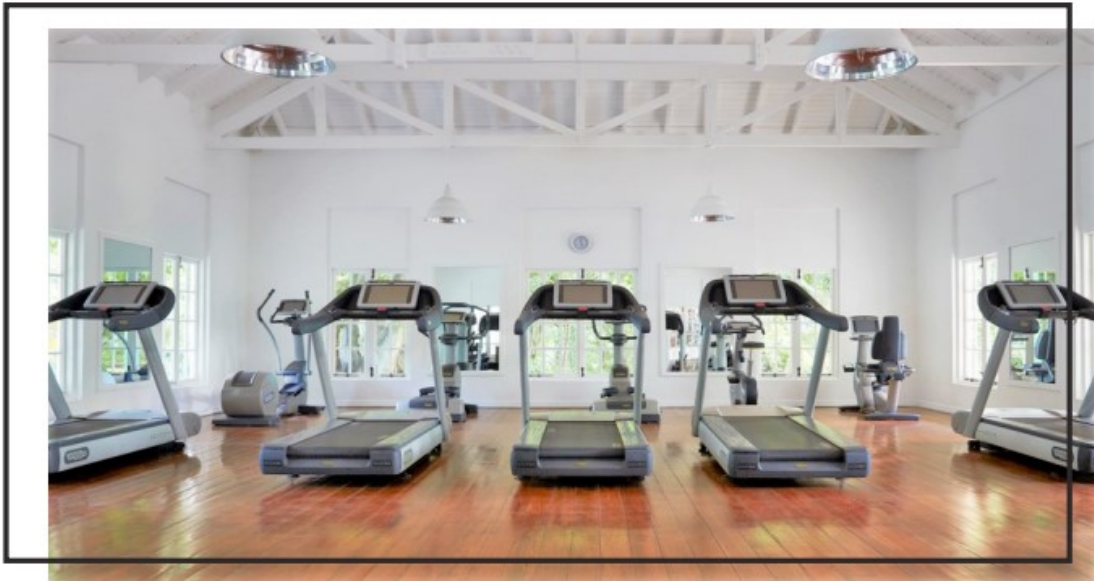
Legs, Bums & Tums – Sunset Deck

A series of exercises to firm and tone the glutes, abs and legs.

All prices are in USD and exclusive of VAT and service charge.

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PERSONAL TRAINING

Personal Training Sessions

Each personal training session is tailored specifically to you and your needs. Exercises will vary between strength, cardio, flexibility and endurance.

We want you to feel comfortable and confident so your trainer will be with you every step of the way demonstrating techniques, providing advice and encouraging you to keep going.

Personal Training session can take place at the Fitness Center, on the Beach or on the Kabe Lawn.

60 minutes - \$95

30 minutes - \$50

Share a Session – A private session for two!

60 minutes - \$145

30 minutes - \$85

Group Lesson (3 or more participants) - additional \$25 per extra person

Personal Training Packages

One on One Session

For 1 person – 60 minutes per session

- ❖ Book 3 sessions for USD 225
- ❖ Book 5 sessions for USD 350

Share a Session

For 2 persons – 60 minutes per session

- ❖ Book 3 sessions for USD 395
- ❖ Book 5 sessions for USD 655

Cancellation Policy

Any sessions cancelled within 12 hours or less will be charged at 50% and no shows will be charged at 100%.

All prices are in USD and exclusive of VAT and service charge.

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YOGA WITH ANITANJA

Anitanja took her first Shivananda yoga class 18 years ago, when her family turned their working farm in St. Lucia into a retreat center.

Along with her art and jewelry design, yoga has always remained a grounding force in her life. After several years of practicing various styles of yoga in the UK and Bali, she decided to become a yoga instructor herself in her island home of St. Lucia.

Incorporating her first love of traditional Shivananda yoga with contemporary Core Strength Vinyasa, she creates an intuitive flow of strength, balance and flexibility to match the different needs of her students in today's modern world.

YOGA PRIVATE SESSION

Adult One on One Lesson - 60 minutes - \$95

Couple's Private Lesson - 60 minutes - \$145

Group Lesson (3 or more participants) - additional \$25 per extra person

Cancellation Policy

Any sessions cancelled within 12 hours or less will be charged at 50% and no shows will be charged at 100%.

All prices are in USD and exclusive of VAT and service charge.



TENNIS PRIVATE SESSION

Adult One on One Lesson - 60 minutes - \$95

Couple's Private Lesson - 60 minutes - \$125

Group Lesson (3 or more participants) - additional \$35 per extra person

Children 12 years old and under

One on One Lesson 30 to 45 minutes - \$55 - additional \$25 per extra child

Advanced Hitting with the Pro 60 minutes - \$85

Ball Machine with the Pro 60 minutes - \$100

Cancellation Policy

Any sessions cancelled within 12 hours or less will be charged at 50% and no shows will be charged at 100%.

All prices are in USD and exclusive of VAT and service charge.