

SUGAR BEACH

A VICEROY RESORT • ST. LUCIA



FITNESS PROGRAM

MONDAY

09:00 AM Legs, Bums & Tums – Fitness Studio

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

*** 10:15 AM Ab-Solution** – Fitness Group Studio

A series of exercises focusing on your abs.

TUESDAY

09:00 AM Body Burn – Fitness Studio

A fat burning workout guaranteed to leave you breathless.

10:15 AM H.I.I.T – Fitness Studio

High Intensity Interval Training where cardio and strength exercises are combined

WEDNESDAY

09:00 AM Mat Pilates – Fitness Studio

A strengthening workout that focuses on your core muscles.

*** 10:15 AM Ab-Solution** – Fitness Group Studio

A series of exercises focusing on your abs.

THURSDAY

09:00 AM Squat Blast – Fitness Studio

A great way to work those gluts, firm those thighs and core to the max.

10:15 AM H.I.I.T – Fitness Group Studio

High Intensity Interval Training where cardio and strength exercises are combined.

FRIDAY

09 AM Mat Pilates – Fitness Studio

A strengthening workout that focuses on your core muscles.

*** 10:15 AM Ab-Solution** – Fitness Studio

A series of exercises focusing on your abs.

SATURDAY

09:00 AM Legs, Bums & Tums – Fitness Studio

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

10:15 AM Body Burn – Fitness Group Studio

A fat burning workout guaranteed to leave you breathless.

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

All Group Classes are chargeable at US \$20. Classes indicated with * are complimentary.