



# Itinerary



8:30am/9:00am – 11:30am individuals choose from:

- Fitness or yoga classes- *\*see attached class schedule\**
- Workout on the floor equipment on your own (treadmills, ellipticals, weights, etc.)
- Swim (indoor or outdoor pools)
- Attend your massage/spa services appointment(s), as booked in advance
- Enjoy hot tub/'woman only' steam room/'woman only' sauna

NOTE: there are 'common' hot tubs located near the pools, and 'woman only' hot tub inside ladies locker room  
(card access lockers available at not cost)

11:30am – 1:00pm Lunch outside poolside

- Attend your massage/spa services appointment(s), as booked in advance

1:00 – 3:00pm DCPA pickle ball lesson and play (special session just for DCPA members)

- Attend your massage/spa services appointment(s), as booked in advance

3:00pm – until – on your own to continue enjoying the facilities as you wish or attend your massage/spa services appointment(s), as booked in advance

# Class Schedule

## Step it Up

- 8:45-9:30 a.m.
- Studio 1

## GTX

- 9:00-10:00 a.m.
- GTX Space

## Warrior Sculpt

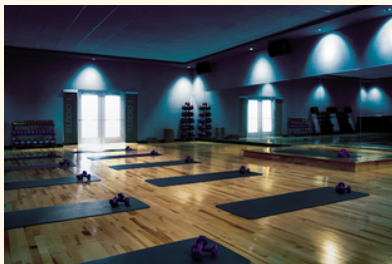
- 9:15 -10:00 a.m.
- Yoga Studio 2

## AMP Cycle

- 9:30-10:20 a.m.
- Cycle Studio

## ROOT

- 9:30-10:30 a.m.
- Yoga Studio 1



## Barbell Strength

- 9:45-10:30 a.m.
- Studio 1

## Alpha Strength

- 10:00-11:00 a.m.
- Alpha Space

## Cardio Kickboxing

- 10:45-11:30 a.m.
- Studio 1

## FLOW (heated)

- 10:45-11:30 a.m.
- Yoga Studio 1

## Surrender

- 12:15-1:15 p.m.
- Yoga Studio 1

# Spa Services

## MASSAGE

### Custom Massage

- 30 Minutes \$60
- 60 Minutes \$90
- 90 Minutes \$125
- 120 Minutes \$180

## NAILS

### Manicure

- Express Manicure \$25
- Manicure \$35
- Gel Polish Manicure \$50
- Dip Manicure \$60
- Dip & Tips \$65

### Pedicure

- Express Pedicure \$40
- Pedicure \$60
- Gel Polish Pedicure \$75

## SKIN CARE

### Custom Facial

- 30 Minute \$55
- 60 Minute \$110
- 90 Minute \$160

