

SUNDAY

07:30AM	* MORNING WALK Reception
09:15AM	* AB SOLUTION Fitness Center
10:15AM	* LEGS ,BUMS & TUMS Fitness Center
11:15AM	* ON THE BALL Fitness Center
02:15P	BODY BURN Fitness Center
03:30PM	TIME CIRCUIT Fitness Center

*NB: All items with an asterisk * are chargeable*

PERSONAL TRAINING & PRIVATE CLASSES

PERSONAL TRAINING WITH ASSESSMENT
(90 MINUTES) \$95 USD

PERSONAL TRAINING AFTER SESSION
(60 MINUTES) \$75USD

PRIVATE CLASS
(60 MINUTES) \$75 USD

INDOOR /OUTDOOR FIT CAMP
3 PERSONAL TRAINING SESSIONS OF
60 MINUTES EACH, PLUS ONE 30 MINUTE
BACK MASSAGE.
\$300 USD

YOGA COMBO
3 ONE ON ONE YOGA CLASSES 60 MINUTES
EACH PLUS ONE 30 MINUTE BACK REVIVAL
MASSAGE \$300 USD

**POST-NATAL/PRE-NATAL YOGA, PILATES/
STRETCH**
(60 MINUTES) \$ 75 USD

OUR STAFF



CANICE WOODLY
Fitness Coordinator

I enjoy teaching a variety of classes such as Yoga, Pilates, Boot camp and providing one to one training. I will work with you to achieve your particular work out goals. I have been working at Sugar Beach for the past 9 years and it would be my pleasure to introduce you to our fitness facility.



TODD WILLIE
Fitness Instructor

I have been working in the leisure industry for the past 5 years . I love to work out myself and gain satisfaction in training others. I am available to serve all your fitness needs and lead classes to suit you.



ANSON SAMUEL
Fitness Instructor

I have been involved in the hospitality industry for the past 10 years. My strengths are in Yoga, Pilates and aerobics classes. It will be a pleasure to put together a wellness program tailored to your individual needs and concerns.

SUGAR BEACH

A VICEROY RESORT • ST. LUCIA

SUGAR BEACH FITNESS PROGRAM

Our fitness professionals are pleased to offer you a variety of classes. Come join them at the designated work-out areas — no pre-booking is required. Please do not hesitate to contact them should you have questions about this program or if you are interested in private classes or personal training sessions.

MONDAY

07:30AM * **BOOT CAMP**
Beach Front

09:15AM * **YOGA**
Sunset Deck

10:15AM * **AB SOLUTION**
Fitness Center

11:15AM ***TIME CIRCUIT**
Fitness Center

02:15PM **BODY BURN**
Fitness Center

03:30PM **SQUAT BLAST**
Fitness Center

TUESDAY

07:30AM * **HOOR OF POWER**
Fitness Center

09:15AM * **PILATES**
Sunset Deck

10:15AM * **BODY TONE**
Fitness Center

11:15AM ***ON THE BALL**
Fitness Center

2:15PM **LEGS,BUM & TUMS**
Fitness Center

03:30PM **BODY BURN**
Fitness Center

WEDNESDAY

07:30AM * **BOOT CAMP**
Beach Front

09:15AM * **YOGA**
Sunset Deck

10:15AM * **AB SOLUTION**
Fitness Center

11:15AM * **LEGS, BUMS & TUMS**
Fitness Center

02:15PM **BODY BURN**
Fitness Center

03:30PM **SQUAT BLAST**
Fitness Center

THURSDAY

07:15AM * **MORNING WALK**
Reception

09:15AM * **PILATES**
Sunset Deck

10:15AM ***AB SOLUTION**
Fitness Center

11:15AM * **SQUAT BLAST**
Fitness Center

02:15PM **BODY BURN**
Fitness Center

03:30PM **TIME CIRCUIT**
Fitness Center

FRIDAY

07:30AM * **BOOT CAMP**
Beach Front

09:15AM ***YOGA**
Sunset Deck

10:15AM ***AB SOLUTION**
Fitness Center

11:15AM ***TIME CIRCUIT**
Fitness Center

02:15PM **BODY BURN**
Fitness Center

03:30PM **SQUAT BLAST**
Fitness Center

SATURDAY

07:30AM * **HOOR OF POWER**
Fitness Center

09:15AM * **PILATES**
Sunset Deck

10:15AM * **BODY TONE**
Fitness Center

11:15AM ***TIME CIRCUIT**
Fitness Center

02:15PM **AB SOLUTION**
Fitness Center

03:30PM **SQUAT BLAST**
Fitness Center