



**Flow-Based Hatha Yoga** uses movement and breath together to produce a "**flow**" of postures that lead from one to the next. Gentle **Yoga** is a great place for those who just want to take it slower. Classes focus on releasing tension, connecting with the breath and working with the joints.



## FITNESS SCHEDULE

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### **Monday -**

Yogalates - 11:00am - 12:00pm

### **Tuesday -**

Intro to Tai Chi - 2:00pm - 3:00pm

### **Wednesday -**

Day of rest

### **Thursday -**

Stretch & Tone - 11:00am - 12:00pm

### **Friday -**

Sunrise Yoga - 8:00am - 8:30/9:00am

Beach Boot Camp / Kids Yoga -  
9:30am - 10:15

### **Saturday -**

Sunrise Yoga - 8:00am - 9:00am  
Sunset Yoga - 1 hour before sunset

### **Sunday -**

Sunrise Yoga - 8:00am - 9:00am  
Beach Boot Camp - 9:30am - 10:15  
Sunset Yoga - 1 hour before sunset

SANDPEARL RESORT  
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## FITNESS INFORMATION

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“Life is like riding a bicycle.  
To keep your balance, you  
must keep moving”

- Albert Einstein

