

**THE HAMPTONS CLUB & SPA**  
**SPA Director Colsonn Jean (305)932-5160**

**Health Spa & Gym Hours**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00 am	6:00 am	6:00 am	6:00 am	6:00 am	7:00 am	7:00 am
8:00 pm	8:00 pm	8:00 pm	8:00 pm	8:00 pm	5:00 pm	5:00 pm

**Class Offerings**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Zumba 9:15 am		Body Sculpting 9:00 am	Kick Boxing 9:15 am		Body Sculpting 10:15 am	Zumba Boot Camp 10:00 am
Aqua Class 10:15 am	Aqua Class 10:15 am	Aqua Class 10:15 am	Aqua Class 10:15 am	Aqua Class 10:15 am		

**Class Descriptions:**

**Aqua Fitness:** This great class offers you all the benefits of water. A cardio portion is included to get your heart fit and assist in the burning of fat. A toning / strengthening portion uses the resistance of water. This is a great mid-morning break! Join us and get pumped!

**Body Sculpting:** Get a great cardio workout while toning your body into shape. Firm those thighs and hips. Watch that fat just melt away! Fun and exhilarating!

**Zumba:** Consisting of a traditional Salsa, Merengue, Soca, HipHop and Mamba Music. It builds strength and tones the body.

**Zumba Boot Camp:** Exhilarating, Latin inspired calorie burning, dance fitness fun party. BRING IT!!!!

**Kick Boxing:** A combination of boxing, martial arts and aerobics, provides a full body workout that targets both improvements in cardiovascular endurance and muscular toning, burn between 275 to 450 calories per 30 minutes sessions.