

# SHERATON FITNESS

NOVEMBER 2020

## OUTDOOR GROUP FITNESS SCHEDULE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>SPINNING</b> 5:00 PM-6:00 PM, SAMER, RESORT FREE 50 50	<b>ZUMBA</b> 5:00 PM-6:00 PM, RACHEL, RESORT FREE 50 50	<b>SPINNING</b> 5:00 PM-6:00 PM, SAMER, RESORT FREE 50 50	<b>HATHA YOGA THE TRANSFORMATION</b> 6:00 PM-7:20 PM, VISHNU, RESORT FREE 80 80	<b>SPINNING</b> 5:00 PM-6:00 PM, SAMER, RESORT FREE 50 50	<b>SPINNING</b> 9:00 AM-10:00 AM, TAREK, RESORT FREE 50 50	<b>SPINNING</b> 9:00 AM-10:00 AM, TAREK, RESORT FREE 50 50
<b>SLIMMING POWER YOGA</b> 6:00 PM-7:20 PM, VISHNU, RESORT FREE 80 80	<b>HATHA YOGA THE TRANSFORMATION</b> 6:00 PM-7:20 PM, VISHNU, RESORT FREE 80 80	<b>SLIMMING POWER YOGA</b> 6:00 PM-7:20 PM, VISHNU, RESORT FREE 80 80	<b>HATHA YOGA THE TRANSFORMATION</b> 7:30 PM-8:50 PM, VISHNU, RESORT FREE 80 80		<b>ZUMBA</b> 10:00 AM-11:00 AM, RACH / PAM, RESORT FREE 50 50	<b>HATHA YOGA</b> 9:00 AM-10:20 AM, VISHNU, RESORT FREE 80 80
<b>SLIMMING POWER YOGA</b> 7:30 PM-8:50 PM, VISHNU, RESORT FREE 80 80	<b>HATHA YOGA THE TRANSFORMATION</b> 7:30 PM-8:50 PM, VISHNU, RESORT FREE 80 80	<b>SLIMMING POWER YOGA</b> 7:30 PM-8:50 PM, VISHNU, RESORT FREE 80 80			<b>DETOX YOGA</b> 9:00 AM-10:20 AM, VISHNU, RESORT FREE 80 80	<b>HATHA YOGA THE TRANSFORMATION</b> 11:00 AM-12:20 PM, VISHNU, RESORT FREE 80 80
					<b>DETOX YOGA THE PURIFICATION</b> 11:00 AM-12:20 PM, VISHNU, RESORT FREE 80 80	

### LEGEND

ANNUAL MEMBER RATE

SHORT-TERM MEMBER RATE

NON-MEMBER RATE

#### GUESTS SAFETY POLICY:

- Guests need to comply with the entry procedures: 1.Show Ehteraz App 2.Temperature Screening 3.Sign Entrance Sheet.
- All group fitness activities are done outdoors. Indoor group fitness activities are cancelled until further notice.
- Group activities are limited to a maximum capacity of 10 persons.
- Social distancing protocols and wearing of face masks must be followed at all times.
- Booking is required wherein guests can reserve maximum of 2 days in advance. Booking procedure for other group activities may vary. No show bookings will not be eligible to book in the next session.
- The class will automatically be cancelled if there's less than 3 persons in the class.
- Due to limited capacity, members who have complimentary access will be limited to 2 members per class.
- Avoid gathering before and after the class.
- Above details are subject to change as we closely follow the developing guidelines from the government.

#### CLASS DETAILS:

- BodyXpress services (1:1 only) available daily in activity room #2 from 12:00 to 21:00, for reservations please call 74448020.
- For Swasthi Yoga reservations, please contact 33202331 via WhatsApp.
- For Evolve classes inquiries, please contact 50403234 or email info@evolvemindbodysoul.com.

For further inquiries, please do not hesitate to contact 4485 4600 or email HRCsheratondoha@sheraton.com.



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