

FITNESS CLASS SCHEDULE

MONDAY

9:00am - exhale Barre

TUESDAY

9:00am - exhale Power Flow Yoga

WEDNESDAY

9:00am - exhale Barre

THURSDAY

9:00am - exhale Flow Yoga

FRIDAY

9:00am - exhale Barre

SATURDAY

9:00am - exhale Flow Yoga

10:30am - exhale Barre

SUNDAY

9:00am - exhale Barre

10:30am - exhale Chill

Class schedule is subject to change.

YOUR PLACE TO EXHALE.



SPA SPECIALS

CALM ALOE WRAP + EXPRESS FACIAL

80min | \$199

GLOW BODY SCRUB + FUSION MASSAGE

80min | \$199

Z PEEL FACIAL

30min | \$99

Enjoy 20% off all Exhale branded skincare + apparel

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CLASS DESCRIPTIONS

EXHALE BARRE Developed by “the world’s foremost living barre experts” (source: Huffington Post), exhale’s barre class is a full-body workout with light weights, planks, pushups, squats and ab work paired with ballet-inspired moves to sculpt the arms, lean the legs, chisel the abs and lift the butt. (Socks recommended.)

EXHALE POWER FLOW YOGA You’ll work it all out in this athletically and mentally challenging yoga class set to an ever-changing, upbeat playlist. Expect a flowing, challenging, and mindful yoga practice.

EXHALE FLOW YOGA Think traditional flowing vinyasa with an inspiring playlist. You’ll weave your way through creative, flowing transitions that lengthen, strengthen, and center.

EXHALE CHILL This is the mix of restorative yoga and mindful meditation you didn’t know you needed. On your mat with blankets, props, and calming playlists, you’ll stretch, meditate, restore, and breathe deeply.

Single Class - \$30

20 pack - \$300

10 pack - \$200

1 Week Unlimited - \$100

**All guests must register at the exhale front desk 15 minutes prior to class start time. Prices valid at exhale Gansevoort Turks + Caicos only. Single class expires in one month from date of purchase, 10-packs in three months, and 20-packs in six months from date of purchase. Must be 13 years old to participate.*