



JUMBY BAY ISLAND

ANTIGUA - WEST INDIES

Mindfulness & Fitness Sessions

We are delighted to have you as our guest and share with you our daily programming experiences to promote the awakening of the physical body and where also you can improve muscle tone and cardiovascular fitness.

Please note the following:

- Capacity for classes hosted in the Spa pavilion is 6 persons
- Capacity for Aqua Fit Classes is 12 persons.
- Yoga, Barre Body, Core max, Aqua Fit, Dance Fit, Boxing, Pilates, Functional Training, Personal Training, and other Disciplines are available as Private Sessions at US\$170 up to 3 persons.
- Private Group Sessions are available at US \$350 for groups of 4-6 persons.
- Private Sound Bath Session is available at US \$200 per 60 minutes, up to 3 persons and US \$400 per 60 minutes, 4 to 6 persons.

Please contact the Spa by dialing '4423' or '4424' or by email at spa.jbi@oetkercollection.com and we will be delighted to make the arrangements for you and your family

Monday

Yoga

8:00am – 8:45am
Yoga Pavilion

Morning Stretch

10:00am – 10:45am
Yoga Pavilion

HIIT Circuit Training

3:30pm – 4:15pm
Fitness Center

Tai Chi Moving Meditation

5:00pm – 5:45pm
Yoga Pavilion

Tuesday

Morning Stretch

8:00am - 8:45am
Yoga Pavilion

Aqua Fit

10:00am – 5:45pm
Pool Grille

Core Max

3:30pm – 4:15pm
Yoga Pavilion

Yoga

5:00pm – 5:45pm
Yoga Pavilion

Wednesday

Yoga

8:00am – 8:45am
Yoga Pavilion

Morning Stretch

10:00am – 10:45am
Yoga Pavilion

Dance Fit

3:30pm – 4:15pm
Yoga Pavilion

Sound Healing & Meditation

5:00pm – 5:45pm
Yoga Pavilion

Thursday

Morning Stretch

8:00am – 8:45am
Yoga Pavilion

Aqua Fit

10:00am – 10:45am
Pool Grille

Zen Abs

3:30pm – 4:15pm
Yoga Pavilion

Yoga

5:00pm – 5:45pm
Yoga Pavillion

Friday

Yoga

8:00am – 8:45am
Yoga Pavilion

Morning Stretch

10:00am – 10:45am
Yoga Pavilion

HIIT Circuit Training

3:30pm – 4:15pm
Fitness Center