



 spa rosseau

Mind & Body Class Schedule

Beginning Friday, September 11, 2009

All Classes are for adults, 16 and older.

ADULT CLASSES	\$15
---------------	------

For Reservations or additional information,
please contact Spa Rosseau.

705 765 7000

toll free 877 765 0567

The Rosseau, A JW Marriott Resort & Spa
P.O. Box 31, 1050 Paignton House Road
Minett, Ontario, Canada P0B 1G0

www.sparosseau.com



All prices are subject to applicable taxes. Activity prices and times may change without notice. Please check with the Spa.

Recreational Schedule

Beginning Friday, September 11, 2009

Mind & Body Classes

FRIDAY

4 pm

HATHA STYLE YOGA

\$15 per person

Exhilarating Hatha style yoga that adjusts for the fitness levels, basics of yoga. A steady blend of breathing, meditation and yoga poses held for a series of breaths.

SATURDAY

9:30 am

MULTI PLAIN FUSION

\$15 per adult

A great workout using primal movement patterns, push, pull, squat and lunge.

4 pm

YOGALATES

\$15 per person

Experience the fusion between yoga and Pilates. Standing and balancing yoga poses to engage the core synergistically, combined with Pilates strengthening exercises.

SUNDAY

9:30 am

POWER YOGA

\$15 per person

Breathe and movement linked together to perform a series of heating poses to strengthen and lengthen.

The logo for spa rosseau features a stylized leaf icon to the left of the text "spa rosseau". The text is in a lowercase, serif font. The background of the entire page is a scenic photograph of a sunset over a lake, with a small boat visible in the distance.

spa rosseau