



GROUP FITNESS & WELLNESS

YOGA

Using sustained poses, stretching and stability, Yoga can increase flexibility, improve balance and provide restoration or relief of stress from your daily duties. This class can be held on the beach, in the Magnolia Garden or in a private conference room. Please inquire for additional details about locations.

GROUP BOOTCAMP CHALLENGE

Total body conditioning, integrating cardio resistance, strength training endurance and core training provide a fun, challenging interval workout. All fitness levels and ages welcome.

ZUMBA DANCE PARTY

This total body workout combines all elements of fitness: cardio, muscle conditioning, balance and flexibility. This class will give you a serious dose of awesome and boost your energy level.

RESORT FUN RUN & 5K RACE

On your mark, get set, GO! With miles of paved roads on property and a pristine beach made for runners, we have mapped courses that running-enthusiasts dream of. We offer packages geared towards a casual fun run option, a medium-sized and themed race program, or a heavily attended and chip-timed race selection. We provide all of the essentials for each package including motivational music, water stations and a clearly marked course.

For more information, please contact Gary Bleil
at gbleil@omnihotels.com or (904) 277-5992.