



CONDADO VANDERBILT
HOTEL

LABOR DAY WEEKEND 2026
WELLNESS CLASSES
SCHEDULE

FRIDAY, SEPT. 4

Move & Flow Mat Pilates – Fitness Center	8:00AM
Sculpted Legs – Fitness Center	9:00AM
Sereni-Yoga – Fitness Center	10:00AM

SATURDAY, SEPT. 5

Stretch & Strength Mat Pilates – Fitness Center	8:00AM
Mind-Body Yoga – Fitness Center	9:00AM
Core Confidence – Fitness Center	10:00AM

SUNDAY, SEPT. 6

Mat Pilates Flow – Fitness Center	7:00AM
Aqua Aerobics Class – Main Pool	8:00AM
Calm & Collected Yoga – Fitness Center	9:00AM
Caribbean Boot Camp – Fitness Center	10:00AM

MONDAY, SEPT. 7

Sculpt & Flow Mat Pilates – Fitness Center	8:00AM
Yoga Flow – Fitness Center	9:00AM
Restore & Renew Stretch – Fitness Center	10:00AM

Fitness Activities, locations, and times are weather permitting and subject to change without previous notice. To sign up, contact our Spa Concierge by dialing Ext. 8610 or at thespa@condadovanderbilt.com 24 hours in advance of class schedule. Fitness Classes are for adults 18 years or older and each class has a maximum of 15 guests. Please note you are required to arrive 5 minutes prior to class time. Information pertaining to your health is presented at the beginning of all classes. For your safety, proper attire is required including a shirt and closed shoes to use the facilities We also offer Private Group Classes and Personal Training, please contact us for details and pricing, to be arranged at least 72 hrs. in advance.