



IndabaSM Spa is complemented by the adjacent Indaba Fitness Center where guests can enjoy the latest in cardiovascular and weight-training equipment and a wide range of daily classes.

Personal instruction and coaching are available for many activities including personal training, yoga and Pilates[®].

physical fitness

transform your body to reflect your mind



BODY SCULPTING – A strength training workout that combines flexibility and cardiovascular conditioning using light weights and resistance bands without building bulk. *Class length: 50 min. 8am M-W-F*

TOTAL BODY TONING – Using resistance bands and light hand weights, this class works multiple major muscle groups with each move, saving time and delivering more bang for your buck. *Class length: 50 min. 9am M-W-F*

YOGA – A 5,000 year-old exercise, employs breathing, gentle stretching, smooth flowing moves that improve balance and core strength. You will receive a mind, body and spirit experience. *“Namaste” class length: 45 min. 5:30pm M-W*

PILATES® REFORMER – Pilates targets deep postural muscles through a series of exercises aimed at building muscle strength and rebalancing the body. *Class length: 55 min. 7pm T&TH. Please call for reservation.*

PILATES® REFORMER FUSION – A total body conditioning designed to add cardio benefits by moving faster through the moves. *Class length: 45 min. 8am T&TH. Please call for reservations.*

AQUA AEROBICS – Aqua aerobics is the most effective and safe way to get in shape. Start with a warm-up, then slowly incorporate cardio at your own pace. We train the entire body with upper and lower body work outs and a nice stretch at the end. *Class length: 45 min. 9:30am T&TH*

CIRCUIT TRAINING – A series of exercises done in one-minute segments, working the entire body. This class is a real challenge. *Class length: 55 min. 6pm W*

FITNESS CENTER HOURS

Monday – Friday, 6am – 8pm
Saturday, 7am – 7pm / Sunday, 7am – 6pm

**We offer special classes for groups and special events.*

EXCEED FOUNDATIONS PROGRAM

An introduction to your personal fitness program & includes:

- 2 sessions with a certified personal trainer
- A full fitness assessment
- An introduction to proper form and use of the equipment
- A ½ hour training session
- A results-based training consultation

PRIVATE ONE-ON-ONE (1 HOUR)

A full hour of individualized, personal training during each session. (1/5/10/20 sessions packages available)

EXPRESS ONE-ON-ONE (1/2 HOUR)

These sessions are designed for individuals looking for a shorter, intense workout. A perfect fit for anyone with a tight schedule.

PARTNER TRAINING (1 HOUR – 2 PEOPLE)

Looking for the opportunity to train with a friend? Partner training has proven to increase commitment to a fitness regimen. (1/5/10/20 sessions; packages available)

Please Note:

Packages are non-transferable & non-refundable.
Packages expire 3 months after date of purchase.
Sessions are priced from the time the appointment was to begin.
Scheduled appointments must be cancelled 24 hours in advance.

Please call for reservations:

727.942.2000 ext. 5272 or 5551

MISSION STATEMENT

The mission of the Exceed Personal Training Program is to educate and motivate individuals to achieve their fitness goals through personalized instruction and guidance designed to enhance results and provide improved quality of life.