



COMPLIMENTARY FITNESS CLASSES

Hotel guests are invited to enjoy group classes with Mandarin Oriental
Personal Trainer, Matt Morin.

CLASS SCHEDULE

STARTING JUNE 3RD

MONDAY, WEDNESDAY, & FRIDAY

12PM - 12:50PM: PILATES “ROLLATES”

PILATES INCORPORATING A ROLLER FOR RELEASE AND RENEWAL.

TUESDAY & THURSDAY

12PM - 12:50PM: YOGAFIT

A FORM OF ROLLING YOGA FOR POSTURE AND BALANCE.

For scheduling and availability please contact mobos-spa@mohg.com.

