

AMET WELLNESS EXPERIENCES

YOGA

Immerse yourself in daily yoga flows or choose from various guided options like Vinyasa, Yin, Hatha, and Ecstatic Dance. Enhance your stay with moving meditations that foster profound well-being. (Book 48 hrs prior)

WELLNESS EXPERIENCES

Functional Training | TRX | HIIT | Zumba | Aqua Fitness | Stretching | Pilates | Salsa Class | Kids Zumba + Pilates (Book 48 hrs prior)

