

FITNESS

FITNESS CONSULATION

30 Minutes

PERSONAL TRAINING

1 Hour & 1 Hour 30 Minutes

SEMI PRIVATE COACHING

1 Hour

SOUND BATH EXPERIENCE

Thursday's at 7:00 PM

PVOLVE RESIDENCY

Monday's at 6:15 PM & Wednesday's at 9:30 AM

PHYSIQUE 57 RESIDENCY

Wednesday at 5:30 PM

Thursday at 5:30 PM

Friday at 5:30 PM



Scan the QR Code to learn more.



WALDORF ASTORIA®
NEW YORK