

# CATCH OF THE DAY

*weekend exclusives*  
FRIDAY THROUGH SUNDAY

## YOGA

9:00am ..... Friday and Sunday  
Free your mind, and find greater peace and calm through the practice of yoga. .... \$20  
*Fitness Studio*

## BEACH BODY BOOT CAMP

9:00am ..... Saturday  
Tired of the same old routine? Need a change of scenery? This is THE class! In the traditional method of real military boot camp training this class will be held in and around our beautiful resort.  
..... \$20

*Check In At The Spa*

## MELTDOWN

10:00am ..... Saturday  
Specifically designed to target those “trouble areas,” this workout is primarily mat-based with specific attention paid to the “core” or mid-section and glutes. .... \$20  
*Fitness Studio*

We will be happy to open or customize a fitness class of your choice with a 3 person minimum.

## PRIVATE CLASS

By appointment ..... \$55/One hour  
Each additional person ..... \$20

## PERSONAL TRAINING

Sign up for a free consultation with one of our personal trainers. One hour sessions \$55 or a series of 4 half hour sessions for just \$35 each!

calm waters  
spa

## FIFTY OFF FRIDAY!

Indulge in the BEST of the BEST.  
Receive \$50 off one or more of our Signature Experiences. Choose from *Key Lime Mojito, Swept Away, Flowing Currents, or Caviar Facial.*  
Fridays only.

## SMOOTH SUMMER SLIM

Slim and tone your body with our cutting-edge cellulite treatment and receive a complimentary scalp massage (a \$70 value).

## KEY LIME SPA MANICURE AND PEDICURE

Sit back and relax with this refreshing service, which includes our signature foot and hand massage, guaranteed to melt away stress.  
*Complimentary Paraffin.*

## ISLAND TROPICS FACIAL

Escape to the serenity of the tropics using the purest and most potent natural island ingredients. Save \$30 off normal pricing plus receive a complimentary eye or lip treatment (A \$70 value.)

## COUPLES MASSAGES

Make memories with a special someone by sharing the experience of true relaxation. Select 50 minute or more side-by-side massages of your choice and receive complimentary hot stones and aromatherapy! (A \$35 per person value.)



61 Hawks Cay Boulevard, Duck Key, FL 33050  
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F 305.743.5215 | www.hawkscay.com

For reservations call x1801 within the resort or dial 305-289-4810.