

SAT

Aqua
10:00am
Chris
Pool

SUN

Zumba
10:00am
Karen
Fitness Studio

Class Descriptions

Spin — A challenging interval workout on your individual spin bike.

Yoga/Stretch — Yoga increases flexibility, strength and body awareness through physical exercise, breath control, relaxation, positive thinking, and meditation. Formats include Restorative, Chair, Vinyasa & Hatha.

Pilates — Designed to sculpt your body and increase strength through improving strength and flexibility with an emphasis on your core.

Body Blast — A high-energy interval workout meant to boost your heart rate through cardio infused with full body resistance. This class uses body weight, resistance bands, Bosu Balls™ and other props.

Aqua — A low impact water workout that includes cardio, muscle strengthening, flexibility, core endurance and balance and stability exercises.

Zumba — Fun and effective Latin-infused dance class incorporating aerobic interval training using moves from Salsa, Cha-Cha, Samba and more.

Golf FIT — A mobility class that will improve your range of motion and driving distance on the golf course. Bring your 5-iron or 7-iron!

Core Strength — Your core controls all movement. This strength class is best paired with Spin but can be standalone. Tone your trunk and prevent injury!

HIIT Spin — A hybrid class that alternates spin cardio with interval strength training. This fat-burning class is sure to achieve max caloric burn.

Bootcamp — A mixture of strength and cardio with an emphasis on the glutes



GROUP FITNESS SCHEDULE

November 29 – December 5, 2021

MON

Spin
7:30am (45 min)
Sally
Pool Deck

Core Strength
8:15am (15 min)
Sally
Pool Deck

Yoga
8:00am
Zoey
Fitness Studio

Pilates
9:00am
Zoey
Fitness Studio

Chair Yoga
4:00pm
Kelly
Fitness Studio

HIIT Spin
5:00pm
Trish
Pool Deck

TUE

Yoga Flow
8:00am
Kelly
Fitness Studio

Body Blast
9:00am
Trish
Pool Deck

Gentle Yoga
4:00pm
Zoey
Fitness Studio

Aqua
5:00pm
Chris
Pool

WED

Spin
7:30am (45 min)
Sally
Pool Deck

Core Strength
8:15am (15 min)
Sally
Pool Deck

Power Yoga
9:00am
Sally
Pool Deck

Mat Pilates
10:00am
Kelly
Fitness Studio

Strength Fundamentals
11:00am
Dawn
Pool Deck

Chair Yoga
4:00pm
Kelly
Fitness Studio

THU

Stretch & Tone
8:00am
Sally
Fitness Studio

Spin
9:00am
Trish
Pool Deck

Mat Pilates
9:00am
Zoey
Fitness Studio

Zumba
10:00am
Karen
Fitness Studio

Tennis FIT
11:30am
Jake
Tennis Court 8

Gentle Yoga
4:00pm
Zoey
Fitness Studio

Aqua
5:00pm
Chris
Pool

FRI

Spin & Tone
7:30am
Sally
Pool Deck

Golf FIT
8:00am
Armand
Fitness Studio

Body Blast
9:00am
Trish
Pool Deck

Power Yoga
10:00am
Sally
Pool Deck

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Aqua
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GROUP FITNESS SCHEDULE

December 6 – December 12, 2021

MON

Spin

7:30am (45 min)

Sally

Pool Deck

Core Strength

8:15am (15 min)

Sally

Pool Deck

Yoga

8:00am

Zoey

Fitness Studio

Pilates

9:00am

Zoey

Fitness Studio

Chair Yoga

4:00pm

Kelly

Fitness Studio

HIIT Spin

5:00pm

Trish

Pool Deck

TUE

Yoga Flow

8:00am

Kelly

Fitness Studio

Body Blast

9:00am

Trish

Pool Deck

Gentle Yoga

4:00pm

Zoey

Fitness Studio

Aqua

5:00pm

Chris

Pool

WED

Spin

7:30am (45 min)

Sally

Pool Deck

Core Strength

8:15am (15 min)

Sally

Pool Deck

Power Yoga

9:00am

Sally

Pool Deck

Mat Pilates

10:00am

Kelly

Fitness Studio

Strength Fundamentals

11:00am

Dawn

Pool Deck

Chair Yoga

4:00pm

Kelly

Fitness Studio

THU

Stretch & Tone

8:00am

Sally

Fitness Studio

Spin

9:00am

Trish

Pool Deck

Mat Pilates

9:00am

Zoey

Fitness Studio

Zumba

10:00am

Karen

Fitness Studio

Gentle Yoga

4:00pm

Zoey

Fitness Studio

Aqua

5:00pm

Chris

Pool

FRI

Spin & Tone

7:30am

Sally

Pool Deck

Golf FIT

8:00am

Armand

Fitness Studio

Body Blast

9:00am

Trish

Pool Deck

Power Yoga

10:00am

Sally

Pool Deck