

Fitness Schedule



PGA National Aerobics Schedule: Begins October 16, 2011

Monday

8:00-9:00-Morning Yoga-B-Lori
8:15-9:15-Muscle Makeover-A-Julie
9:15-10:15-Water-HRC Pool-Becky
9:30-10:30-Boot Camp-B- Jennifer
9:30-10:30-Cardio Moves-A-Donna
9:30-10:30-Spin-Spin Studio-Julie
10:45-11:45-Body Sculpt-B-Donna
10:45-12:00-Vinyasa Flow-A-Anna
5:30-6:45-Yoga -A-Andrea
6:00-7:00-Bike&Body Works-Spin Studio-Leah

Tuesday

7:00-8:00am- Power Walk-Front of H&R-Jen
8:00-9:30-Yoga-lates-A-Jeanine
8:30-9:00-Arms & Abs-B- Margarita
9:15-10:15-Water Aerobics-HRC Pool –Stephanie
9:30-10:30-All That Jazz-A-Jeanine
9:15-10:15-Tri-Fit- Spin Studio-Margarita
10:30-11:30-Foam Roller-Rock & Roll-A-Lisa
10:45-11:45-Tap-B-Donna
4:30-5:30-Fit for Golf-A-Margarita
5:30-6:00-Arms & Abs-A-Molly
6:00-7:00-Spin-Spin Studio-Molly
6:00-7:00-Boot Camp-A-Lindsay

Wednesday

8:00-9:00-Zen Blend-B-Della
8:15-9:15-Muscle Makeover-A-Jane
9:15-10:15-Water- HRC Pool –Becky
9:30-10:30-Spin- Spin Studio-Jane
9:30-10:30-Boot Camp-B-Jennifer
9:30-10:30-Cardio Dance Party-A-Donna
10:45-11:45-Beg Line Dance-B-Becky
10:45-12:00-Vinyasa Flow-A-Anna
5:30-6:30-Yoga-lates-B-Della
6:00-7:00-A-Muscle Madness-A-Leah

Classes and Instructors subject to change

Proper closed toed fitness shoes must be worn during all classes that include cardio and/or weights

Please be considerate of others and arrive on time for classes

If you must come late or leave early, please do so quietly without disrupting others in class

Health & Racquet Club Hours

Monday-Friday: 6:00am-8:00pm

Saturday: 7:30am-6:00pm

Sunday: 8:00am-6:00pm

Thursday

7:00-8:00- Power Walk-Front of H&R-Jen
8:00-9:30-Yoga-lates-A-Jeanine
8:00-9:00-Ballet Sculpt-B-Donna
8:30-9:00-Butts & Guts-Golf Studio-Jane
9:15-10:00-Spin Express-Spin Studio-Jane
9:15-10:15-Water –HRC Pool-Donna
9:30-10:30-Zumba -A-Lisa
9:30-10:30-PGA Fit-B-Jeanine
10:30-11:30-Fitness & Flexibility-A-Lisa
4:30-5:30-Fit for Golf-A-Margarita
5:00-6:00-Tap-B-Donna
5:30-6:00-Butts & Guts-A-Jennifer
6:00-7:00-Boot Camp-A-Lindsay
6:00-7:00-Spin-Spin Studio-Jennifer

Friday

8:00-9:00-Pilates with Props-B-Lori
8:30-9:30-Zumba-A-Simone
9:15-10:15-Water Aerobics-HRC Pool-Janell
9:30-10:30-Dance, Dance, Dance-A-Becky
9:30-10:30-Spin-Spin Studio-Sacha
9:30-10:30-Boot Camp-B-Maria
10:30-11:30-Adv. Line Dancing-A-Becky
10:45-11:45-Body Sculpt-B-Jennifer
11:45-1:00-Yoga Stretch-A-Nicole

Saturday

8:00-9:00- Power Walk- Outside H&R-Jen
8:15-9:15-Muscle Makeover-A-Leah
9:15-10:15-Water-HRC Pool-Maureen
9:30-10:30- Spin-Spin Studio-Jane
9:30-10:30-Cardio Mix Up-A-Leah
9:30-10:30-Chair Pilates-B-Bev
10:30-11:45-Yoga-lates –A- Lori

Sunday

9:00-9:30-Absolutely Aerobics-A-Leah
9:30-10:30-Guns, Guts & Glutes-A-Leah
9:30-10:30-Spin-Spin Studio-Maureen
10:45-12:00-Meditative Yoga-A-Ed

Health & Racquet Club: 561-627-4444

Personal Training: 561-273-2908

Private Pilates Lessons: 561-627-4447

