



PGA National Aerobics Schedule: May 15 - October 31, 2010

Monday

8:15-9:15 – **B** – Yoga - Lori
8:15-9:15 – **A** – Muscle Makeover - Jane
9:15-10:15 – **HRC Pool** – Water Aerobics - Becky
9:30-10:30 – **Spin Studio** – Spin - Brie
9:30-10:30 – **A** – Cardio Moves - Donna
9:30-10:30 – **B** – Boot Camp - Abby
10:30-11:30 – **A** – Ex Flex - Becky
10:45-11:45 – **B** – Yoga Flow - Anna
6:00-7:00 – **A** – Pilates Sculpt - Lynn

Tuesday

8:00-9:00 – **A** – Pilates - Capri
9:30-10:30 – **A** – Zumba - Simone
9:30-10:30 – **B** – Step Interval - Jane
10:30-11:30 – **A** – Stretch – Lisa
11:30-12:30 – **B** – Tap - Donna
5:30-6:00 – **A** – Sculpt Express - Molly
6:00-7:00 – **Spin Studio** - Spin - Molly

Wednesday

8:15-9:15 – **A** – Muscle Makeover - Lori
8:30-9:30 – **B** – Body Design - Lynn
9:15-10:15 – **HRC Pool** – Pilates H2O - Della
9:30-10:30 – **Spin Studio** – Spin – Abby
9:30-10:30 – **A** – Move & Groove - Lynn
9:30-10:30 – **B** – Boot Camp - Jen
10:45-11:45 – **A** – Yoga Flow - Anna
5:30-6:30 – **HRC Pool** – Water Aerobics - Becky
6:00-7:00 – **B** – Anything Goes – Leah

Thursday

8:00-9:00 – **A** – Pilates - Lynn
9:00-9:30 – **B** – Arms & Abs - Lynn
9:30-10:30 – **A** – Zumba - Lisa
9:30-10:30 – **B** – Bottoms Up - Abby
10:30-11:30 – **A** – Stretch - Lisa
5:30-6:30 – **B** – Yoga Flow - Lori
6:00-7:00 – **Spin Studio** – Spin - Maureen

Friday

8:15-9:15 – **A** – STB - Lynn
9:15-10:15 – **HRC Pool** – Water Aerobics - Jane
9:30-10:30 – **A** – Let's Dance - Donna
9:30-10:30 – **Spin Studio** – Spin - Sacha
9:30-10:30 – **B** – Boot Camp - Abby
10:30-11:30 – **A** – Line Dance - Becky
10:30-11:30 – **B** – Muscle Makeover - Abby
11:30-12:30 – **A** – Yoga - Nicole

Saturday

8:15-9:15 – **A** – Muscle Makeover - Leah
9:15-10:15 – **A** – 30/20/10 - Leah
9:30-10:30 – **B** – Chair Pilates - Bev
9:30-10:30 – **Spin Studio** – Spin - Jane
10:45-12:00 – **A** – Stretch & Sculpt - Lynn

Sunday

9:00-9:30 – **A** – Cardio Mix - Leah
9:30-10:00 – **A** – Below the Belt - Leah
9:30-10:30 – **Spin Studio** – Spin - Maureen
10:00-10:30 – **A** – Arms & Abs - Leah
10:45-12:00 – **A** – Meditative Yoga – Ed

Hours:

Monday-Friday: 6:00am – 8:00pm

Saturday: 7:30am – 6:00pm

Sunday: 8:00am – 6:00pm

Health & Racquet Club: 561-627-4444

Pilates Lessons: 561-627-4447

Personal Training: 561-273-2908

**Classes may be altered, substituted or cancelled when necessary.*

***Class schedules and hours of operation may change during holidays.*

****Classes with less than 3 Participants will be cancelled.*



CLASS DESCRIPTIONS:

30/20/10 – 30 minutes of step, 20 of cardio moves and 10 of core work all mixed into one hour for a total body workout!

Anything Goes – Throwing it all at you, from sculpting moves to kickboxing, weights and step, anything goes in this class!

Arms & Abs – An awesome 30 minute workout designed to tone and strengthen your upper body.

Below the Belt – This class is designed to focus in on the legs, butt and core groups for a total workout of all muscles located underneath and below the belt.

Body Design – A method of training muscles using small, precise, minute movements that tone and shape the body with emphasis on the core and pelvic floor. Advanced is for the highly skilled.

Boot Camp – Achieve your fitness goals with this fast paced, high intensity, challenging workout circuit that is pre-choreographed each month and offered several times a week for maximum results!

Bottoms Up – This class will utilize the step, ball, bands and weights to work your legs, glutes and abs

Cardio Mix – An easy to follow, cardiovascular exercise for all levels. Incorporates the use of equipment.

Cardio Moves – A fun-filled cardiovascular class to work you out.

Chair Pilates – Core workout involving controlled movements.

Ex-Flex – An invigorating muscle sculpting class for all levels.

Let's Dance – A low impact high intensity dance workout to get in a groove!

Line Dance – Country line dancing is a social dance style where you will learn a sequence of steps in unison to get a great workout while having fun!

Meditative Yoga – Utilizing Kripalu style yoga along with guided meditation, you will leave this class feeling relaxed and rejuvenated.

Move & Groove – A lively class perfect for all levels with continuous movement set to your favorite music.

Muscle Makeover – Create deep definition in all the right places. If you have ever tried a "Pump" class you will love this.

Pilates – A unique system of body conditioning which strengthens and tones muscles, improves posture, flexibility, and balance.

Pilates H2O – Bring a whole new twist to your Pilates workout and try it in the water! This class is offered to all levels and is a great way to strengthen your core while lengthening your muscles in the buoyancy of the water!

Pilates Sculpt – A standing and mat format that uses Pilates props such as the magic circle, weights and bands to strengthen the powerhouse area of the lower back, abs and glutes.

Sculpt Express – If you are a fan of "Muscle Makeover" you will enjoy this easy to follow sculpting routine sure to tone your body in all the right places in only 30 minutes!

Spin – Varying intensity indoor cycling class.

Sports Pilates – Pilates which accommodates all levels and interests while catering to the needs of tennis and golf enthusiasts.

Step Interval – Combining step moves and strengthening exercises, this class is sure to challenge your body in all the right places.

Strength Tone & Balance – Develop your body and effectively gain strength, balance and control.

Stretch – This class involves a combination of isotonic, isometric and prolonged stretch to achieve increased range of motion in the joints and improve flexibility.

Stretch & Sculpt – Build, strengthen and lengthen your muscles while treating yourself to this energizing yet relaxing class.

Water Aerobics – Designed to increase the heart rate, improve endurance, strength and balance by utilizing water resistance.

Yoga – This class combines relaxation, flexibility, balance and breathe awareness. Stretch and tone your body while relaxing your mind and energizing your spirit. Ideal for those concerned with injuries.

Yoga Flow – Based on the Vinyasa style of yoga which keeps the body in constant motion, this class is geared to improve posture, strength and balance. Yoga Flow is appropriate for all fitness levels and experience. If you attend this class, be prepared to sweat.

Zumba – This class fuses hypnotic Latin and international rhythms and easy-to-follow moves to create a dynamic fitness program that will blow you away. Routines feature interval training where fast and slow rhythms and resistance training are combined to tone and sculpt your body while blasting fat. In short, it's exercise in disguise!