



Aerobics

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:30 Water Aerobics - Aylin*	8:30 Pilates - Lori - Studio A*	8:30 Yoga Flow - Jess - Studio A*	7:30 Poolside Yoga - Lori - Resort Pool Deck	8:30 Water Aerobics - Janell*	8:00 Poolside Yoga - Lori - Resort Pool Deck	9:30 Body Blast - Aylin - Studio B*
8:30 Yoga Flow - Lori Studio A*	8:30 Ballet Sculpt - Donna Studio B*	8:30 Move & Groove - Donna - Studio B*	8:30 Water Aerobics - Lori *	8:30 Yoga - Lori - Studio A*	7:00 Couch to 5K - Brenda - SRC Entrance*	10:45 Yoga for Health - Ed - Studio A*
9:30 Cardio Pump - Mike - Studio B*	8:30 Aqua Zumba-Elsie *	8:30 Water Aerobics- Maureen*	8:30 Mat Pilates - Jennifer - Studio A*	9:00 Total Body Burn-Aylin- Studio B*	8:15 Pilates Barre - Kelsey - Studio B*	11:00 Sit & Fit - Aylin - Studio B*
10:00 Cycle - Debbie - Spin Studio*	10:00 Sit & Fit - Becky - Studio A*	10:00 Body Sculpt - Donna - Studio B*	9:30 Fitness Yoga - Jim - Studio B*	10:00 Cycle - Pauline - Spin Studio*	8:30 Body Flex - Leah - Studio A*	
11:30 Body Flex - Lori - Studio A*	10:00 Tap - Donna - Studio B*	10:00 Spin - Lori - Spin Studio*	10:00 Sit & Fit - Becky - Studio A*	10:30 Zumba Gold & Tone-Aylin - B*	8:30 Water Aerobics - Maureen*	
11:30 Body Sculpt - Donna - Studio B*	10:00 TRX Fit-Lori- IFit Studio*	10:00 Total Body Burn-Charli-Studio A*	11:30 Sport Stretch - Linda - Studio A*	10:30 Body Flex - Lori - Studio A*	10:00 To the Rhythm - Katie - Studio A*	
5:30 p Yoga Flow - Dan - Studio B*	11:30 Body Flex - Lori - Studio A*	11:30 Body Flex - Lori - Studio A*	11:30 Zumba - Elsie - Studio B*			
	11:30 Zumba - Elsie - Studio B*	11:30 Zumba - Elsie - Studio B*	6:00 Shadow Boxing-Charli-Studio B*			
		6:00 p Yoga Flow - Dan - Studio B*				

*Indicates advance reservations required and capacity is limited

Golf

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:00 Golf Clinic - Golf Shop \$\$	8:00 Golf Clinic - Golf Shop \$\$	8:00 Golf Clinic - Golf Shop \$\$	8:00 Golf Clinic - Golf Shop \$\$	8:00 Golf Clinic - Golf Shop \$\$	8:00 Golf Clinic - Golf Shop \$\$	
1:00 Golf Clinic - Golf Shop \$\$	1:00 Golf Clinic - Golf Shop \$\$	1:00 Golf Clinic - Golf Shop \$\$	1:00 Golf Clinic - Golf Shop \$\$	1:00 Golf Clinic - Golf Shop \$\$	1:00 Golf Clinic - Golf Shop \$\$	1:00 Golf Clinic - Golf Shop \$\$
Private Lessons \$\$ **	Private Lessons \$\$ **	Private Lessons \$\$ **	Private Lessons \$\$ **	Private Lessons \$\$ **	Private Lessons \$\$ **	Private Lessons \$\$ **

\$\$ Indicates a fee applies

**Indicates advance reservations required

Tennis

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Private Lessons \$\$ **	Private Lessons \$\$ **	Private Lessons \$\$ **	Private Lessons \$\$ **	Private Lessons \$\$ **	Private Lessons \$\$ **	Private Lessons \$\$ **
Private Lessons \$\$ **						8:00 Drop In Round Robin \$\$
						9:30 Drop in Round Robin \$\$

Please arrive no more than 5 minutes prior to class

Ballet Sculpt - Using the same fluid movements as a Ballet Dancer to create long lean muscles like dancers have

Body Blast - Work your entire body and work it hard through strength, cardio and fun

Body Flex - No high impact aerobics, just pur muscle sculpting intervals - A head to toe workout

Cardio Pump- Full body workout using HIIT, resistance training and step intervals

Fitness Yoga - Traditional Yoga poses which combine relaxation, flexibility and balance to stretch and tone your body

Move & Groove - Not a dance class, but you will be moving to the music to get your heart rate up and burn calories

Pilates - Learn to balance and maintain proper alignment, increase flexibility and increase blood flow

Pilates Barre - Using a Ballet Bar and plenty of props to strengthen and stabilize muscles you didn't know you have

Shadow Boxing- Teach the techniques of what professional boxers/kickboxers do without the use of a heavy bag

Sit & Fit - Cardio benefits from the safety of a chair

Spin & Pump- Cycle class that ends with total body HIIT

Sport Stretch - Learn proper stretch mechanics to focus on areas that are over used to prevent injury

To the Rhythm - This class fuses hypnotic latin and international rhythms and easy to follow moves to create a dynamic workout

Total Body Burn- HIIT training class that targets the full body to build strength, endurance and better physique

Water Aerobics - Movements and flexibility of Pilates in a water setting which is great for those with balance issues

Yoga Flow - Based on the Vinyasa style of Yoga which keeps the body in constant motion

Yoga for Health - Combines relaxation, flexibility and balance to stretch and ton your body while relaxing your mind

Zumba - Straight from the Miami Dance Clubs, take the work out of your workout by mixing intensity moves, high and low

Zumba Toning- Latin inspired dance moves using light weights for a full body workout