

January 2025

FITNESS & TENNIS SCHEDULE



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
29 9:30 AM Live Ball Tennis ^{***} (Tennis Pros) 11 AM Live Ball Express ^{***} (Tennis Pros)	30 9:15 AM Cardio Weights (Kerry) 9:30 AM Aqua Fitness in the Fitness Pool (Andi) 10:30 AM Gentle Yoga (Katie) 4 PM Boxing (Joel)	31 9:15 AM Balance, Core & Stretch (Kerry) 9:30 AM Live Ball Tennis ^{**} (Tennis Pros) 9:30 AM Aqua Fitness in the Cabana Pool (Suzanne) 4 PM Tennis for Kids ^{**} (Tennis Pros)	1 New Year's Day 9:30 AM Hike (Suzanne)	2 9:15 AM Leg Day (Joel) 9:30 AM Aqua Fitness in the Cabana Pool (Andi) 10:45 AM Yoga for all Levels (Pilar) 4 PM Tennis for Kids ^{**} (Tennis Pros)	3 6:45 AM Boot Camp (Joel) 9:15 AM Pilates (Denise) 9:30 AM Live Ball Tennis ^{**} (Tennis Pros)	4 9:30 AM Aqua Flow in the Cabana Pool (Valerie) 10 AM Tennis for Kids ^{**} (Tennis Pros) 10:15 AM Boxing (Joel) 11:30 AM Barre & Yoga Fusion (Valerie)
5 9:30 AM Live Ball Tennis ^{**} (Tennis Pros) 10:30 AM Barre (Natacha) 11 AM Live Ball Express ^{**} (Tennis Pros) 11:30 AM Yoga (Natacha)	6 9:15 AM Cardio Weights (Kerry) 9:30 AM Aqua Fitness in the Fitness Pool (Andi) 10:30 AM Pilates (Susan) 4 PM Boxing (Joel)	7 6:45 AM Boot Camp (Joel) 9:15 AM Yoga Flow (Pilar) 9:30 AM Live Ball Tennis ^{**} (Tennis Pros) 9:30 AM Aqua Fitness in the Cabana Pool (Andi) 4 PM Tennis for Kids ^{**} (Tennis Pros)	8 8 AM Core Yoga (Katie) 9:15 AM Cardio Weights (Kerry) 10:30 AM Tai Chi (Pinpin) 4 PM Boxing (Joel) 4 PM Tennis for Kids ^{**} (Tennis Pros)	9 8 AM Yoga For All Levels (Calie) 9:15 AM Leg Day (Erin) 9:30 AM Aqua Fitness in the Cabana Pool (Andi) 10:30 AM Gentle Yoga (Katie) 4 PM Tennis for Kids ^{**} (Tennis Pros)	10 6:45 AM Boot Camp (Joel) 9:15 AM Pilates (Denise) 9:30 AM Live Ball Tennis ^{**} (Tennis Pros)	11 9:30 AM Aqua Flow in the Cabana Pool (Valerie) 10 AM Tennis for Kids ^{**} (Tennis Pros) 10:15 AM Boxing (Joel) 11:30 AM Barre & Yoga Fusion (Valerie)
12 9:30 AM Live Ball Tennis ^{**} (Tennis Pros) 10:30 AM Yoga (Maria) 11 AM Live Ball Express ^{**} (Tennis Pros) 11:30 AM Barre (Natacha)	13 9:15 AM Cardio Weights (Kerry) 9:30 AM Aqua Fitness in the Fitness Pool (Andi) 10:30 AM Pilates (Susan) 4 PM Boxing (Joel)	14 6:45 AM Boot Camp (Conny) 9:15 AM Yoga Flow (Pilar) 9:30 AM Live Ball Tennis ^{**} (Tennis Pros) 9:30 AM Aqua Fitness in the Cabana Pool (Andi) 4 PM Tennis for Kids ^{**} (Tennis Pros)	15 8 AM Core Yoga (Maria) 9:15 AM Cardio Weights (Kerry) 10:30 AM Tai Chi (Pinpin) 4 PM Boxing (Joel) 4 PM Tennis for Kids ^{**} (Tennis Pros)	16 8 AM Yoga For All Levels (Calie) 9:15 AM Leg Day (Erin) 9:30 AM Aqua Fitness in the Cabana Pool (Andi) 10:30 AM Gentle Yoga (Katie) 4 PM Tennis for Kids ^{**} (Tennis Pros)	17 6:45 AM Boot Camp (Conny) 9:15 AM Pilates (Denise) 9:30 AM Live Ball Tennis ^{**} (Tennis Pros)	18 9:30 AM Aqua Flow in the Cabana Pool (Valerie) 10 AM Tennis for Kids ^{**} (Tennis Pros) 11:30 AM Barre & Yoga Fusion (Valerie)
19 9:30 AM Live Ball Tennis ^{**} (Tennis Pros) 10:30 AM Barre (Natacha) 11 AM Live Ball Express ^{**} (Tennis Pros) 11:30 AM Yoga (Natacha)	20 9:15 AM Cardio Weights (Kerry) 10:30 AM Pilates (Susan) 4 PM Boxing (Joel)	21 6:45 AM Boot Camp (Conny) 9:15 AM Yoga Flow (Katie) 9:30 AM Live Ball Tennis ^{**} (Tennis Pros) 4 PM Tennis for Kids ^{**} (Tennis Pros)	22 8 AM Core Yoga (Maria) 9:15 AM Cardio Weights (Kerry) 10:30 AM Tai Chi (Pinpin) 4 PM Boxing (Joel) 4 PM Tennis for Kids ^{**} (Tennis Pros)	23 8 AM Yoga For All Levels (Calie) 9:15 AM Leg Day (Erin) 10:30 AM Gentle Yoga (Katie) 4 PM Tennis for Kids ^{**} (Tennis Pros)	24 6:45 AM Boot Camp (Conny) 9:15 AM Pilates (Denise) 9:30 AM Live Ball Tennis ^{**} (Tennis Pros)	25 9:30 AM Aqua Flow in the Cabana Pool (Valerie) 10 AM Tennis for Kids ^{**} (Tennis Pros) 10:15 AM Boxing (Joel) 11:30 AM Barre & Yoga Fusion (Valerie) 5:30 PM Soundbath with Melanie Clampitt ^{**}
26 9:30 AM Live Ball Tennis ^{**} (Tennis Pros) 10:30 AM Barre (Natacha) 11 AM Live Ball Express ^{**} (Tennis Pros) 11:30 AM Yoga (Natacha)	27 9:15 AM Cardio Weights (Kerry) 9:30 AM Aqua Fitness in the Fitness Pool (Andi) 10:30 AM Pilates (Susan) 4 PM Boxing (Joel)	28 6:45 AM Boot Camp (Conny) 9:15 AM Yoga Flow (Pilar) 9:30 AM Live Ball Tennis ^{**} (Tennis Pros) 9:30 AM Aqua Fitness in the Cabana Pool (Andi) 4 PM Tennis for Kids ^{**} (Tennis Pros)	29 8 AM Core Yoga (Maria) 9:15 AM Cardio Weights (Kerry) 10:30 AM Tai Chi (Pinpin) 4 PM Boxing (Joel) 4 PM Tennis for Kids ^{**} (Tennis Pros)	30 8 AM Yoga For All Levels (Calie) 9:15 AM Leg Day (Erin) 9:30 AM Aqua Fitness in the Cabana Pool (Andi) 10:30 AM Gentle Yoga (Katie) 4 PM Tennis for Kids ^{**} (Tennis Pros)	31 6:45 AM Boot Camp (Conny) 9:15 AM Pilates (Denise) 9:30 AM Live Ball Tennis ^{**} (Tennis Pros)	

“If it doesn’t challenge you, it doesn’t change you.” —FRED DEVITO

Classes and times are subject to change
 * Weather permitting
 ** Sign-up required
 \$ Fee required
 † Requires sign-up at least 24 hrs. in advance