

April 2025
FITNESS & TENNIS SCHEDULE



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
30 9 AM Hike (Suzanne) 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)	31 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)	1 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)	2 8 AM Core Yoga (Maria) 9:15 AM Cardio Weights (Kerry) 10:30 AM Tai Chi (Pinpin)	3 8 AM Yoga for all Levels (Calie) 9:15 AM Studio Circuits (Erin) 9:30 AM Aqua Fitness in the Cabana Pool (Andi) 10:30 AM Gentle Yoga (Katie)	4 6:45 AM Boot Camp (Joel) 9:15 AM Pilates (Denise) 9:30 AM Live Ball Tennis**\$ (Tennis Pros) 12 PM Hour of Power Yoga (Pilar)	5 9:30 AM Aqua Flow in the Cabana Pool (Valerie) 10:30 AM HIIT (Maria) 11:30 AM Barre Pilates (Valerie)
6 9 AM Hike (Suzanne) 9:30 AM Live Ball Tennis**\$ (Tennis Pros) 10:30 AM Functional Fitness (Joel) 11 AM Live Ball Express**\$ (Tennis Pros) 11:45 AM Yoga (Pilar)	7 9:15 AM Cardio Weights (Kerry) 9:30 AM Aqua Fitness in the Fitness Pool (Andi) 4 PM Boxing (Joel)	8 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)	9 9:15 AM Cardio Weights (Kerry) 10:30 AM Tai Chi (Pinpin)	10 8 AM Yoga for all Levels (Calie) 9:15 AM Studio Circuits (Joel) 9:30 AM Aqua Fitness in the Cabana Pool (Andi) 10:30 AM Gentle Yoga (Katie)	11 6:45 AM Boot Camp (Joel) 9:15 AM Pilates (Denise) 9:30 AM Live Ball Tennis**\$ (Tennis Pros) 10:30 AM Love Your Feet Workshop**†\$ (Denise) 12 PM Hour of Power Yoga (Pilar)	12 9:30 AM Aqua Flow in the Cabana Pool (Valerie) 10:15 AM Boxing (Joel) 11:30 AM Barre Pilates (Valerie)
13 9 AM Hike (Suzanne) 9:30 AM Live Ball Tennis**\$ (Tennis Pros) 10:30 AM Functional Fitness (Joel) 11 AM Live Ball Express**\$ (Tennis Pros) 11:45 AM Yoga (Pilar)	14 9:15 AM Cardio Weights (Kerry) 9:30 AM Aqua Fitness in the Fitness Pool (Andi) 4 PM Boxing (Joel)	15 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)	16 8 AM Core Yoga (Maria) 9:15 AM Cardio Weights (Kerry) 10:30 AM Ground & Balance Yoga (Jodi)	17 8 AM Yoga for all Levels (Calie) 9:15 AM Studio Circuits (Erin) 9:30 AM Aqua Fitness in the Cabana Pool (Andi) 10:30 AM Gentle Yoga (Katie)	18 6:45 AM Boot Camp (Joel) 9:15 AM Pilates (Denise) 9:30 AM Live Ball Tennis**†\$ (Tennis Pros) 12 PM Hour of Power Yoga (Pilar)	19 9:30 AM Aqua Flow in the Cabana Pool (Valerie) 10:15 AM Boxing (Joel) 11:30 AM Barre Pilates (Valerie)
20 Easter Sunday No Classes	21 9:15 AM Cardio Weights (Conny) 9:30 AM Aqua Fitness in the Fitness Pool (Andi) 4 PM Boxing (Joel)	22 Earth Day 6:45 AM Boot Camp (Joel) 9:15 AM Outdoor Yoga Flow* (Pilar) 9:30 AM Live Ball Tennis**† (Tennis Pros) 9:30 AM Aqua Fitness in the Cabana Pool (Andi)	23 8 AM Core Yoga (Maria) 9:15 AM Cardio Weights (Kerry) 10:30 AM Tai Chi (Pinpin)	24 8 AM Yoga for all Levels (Calie) 9:15 AM Studio Circuits (Erin) 9:30 AM Aqua Fitness in the Cabana Pool (Andi)	25 6:45 AM Boot Camp (Joel) 9:15 AM Core Fitness (Joel) 9:30 AM Live Ball Tennis**†\$ (Tennis Pros) 12 PM Hour of Power Yoga (Pilar)	26 9:30 AM Aqua Flow in the Cabana Pool (Valerie) 10:15 AM Boxing (Joel) 11:30 AM Barre Pilates (Valerie)
27 9 AM Hike (Joel) 9:30 AM Live Ball Tennis**\$ (Tennis Pros) 10:30 AM Functional Fitness (Joel) 11 AM Live Ball Express**†\$ (Tennis Pros) 11:45 AM Yoga (Pilar)	28 9:15 AM Cardio Weights (Kerry) 9:30 AM Aqua Fitness in the Fitness Pool (Andi) 4 PM Boxing (Joel)	29 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)	30 8 AM Core Yoga (Maria) 9:15 AM Cardio Weights (Kerry)			

“All nature is doing her best every moment to make us well.” —HENRY DAVID THOREAU

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