

August 2025
FITNESS & TENNIS SCHEDULE



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
27 9 AM Tennis Live Ball 3.0*†\$ 10:30 AM Barre (Natacha) 10:30 AM Tennis Live Ball 4.0*†\$ 11:30 AM Yoga (Natacha) 11:30 AM Kids Pool Play in the Family Pool (Joel) *water-safe kids only	28 9 AM Aqua Fitness in the Cabana Pool (Andi) 9:15 AM Cardio Weights (Kerry) 4 PM Boxing (Joel)	29 6:45 AM Boot Camp (Joel) 9 AM Tennis Live Ball 3.0*†\$ (Tennis Pros) 9:15 AM Yoga Flow (Pilar)	30 8 AM Core Yoga (Maria) 9:15 AM Cardio Weights (Kerry) 10:30 AM Tai Chi (Pinpin)	31 8 AM Yoga for all Levels (Valerie) 9 AM Aqua Fitness in the Cabana Pool (Valerie) 9:15 AM Circuit Training (Erin) 10:30 AM Gentle Yoga (Katie)	1 6:45 AM Boot Camp (Joel) 9 AM Tennis Live Ball 3.0*†\$ (Tennis Pros) 12 PM Hour of Power Yoga (Pilar)	2 9 AM Aqua Flow in the Cabana Pool (Valerie) 10:15 AM Boxing (Joel) 11:30 AM Barre Pilates (Valerie)
3 9 AM Tennis Live Ball 3.0*†\$ 10:30 AM Barre (Natacha) 10:30 AM Tennis Live Ball 4.0*†\$ 11:30 AM Yoga (Natacha)	4 9 AM Aqua Fitness in the Cabana Pool (Andi) 9:15 AM Cardio Weights (Kerry) 4 PM Boxing (Joel)	5 6:45 AM Boot Camp (Joel) 9 AM Aqua Fitness in the Cabana Pool (Andi) 9 AM Tennis Live Ball 3.0*†\$ (Tennis Pros) 9:15 AM Yoga Flow (Pilar)	6 8 AM Core Yoga (Maria) 9:15 AM Cardio Weights (Kerry) 10:30 AM Tai Chi (Pinpin)	7 9 AM Aqua Fitness in the Cabana Pool (Andi) 9:15 AM Circuit Training (Erin) 10:30 AM Gentle Yoga (Katie)	8 6:45 AM Boot Camp (Joel) 9 AM Tennis Live Ball 3.0*†\$ (Tennis Pros) 12 PM Hour of Power Yoga (Pilar)	9 8:45 AM Physical Therapy Workshop[§] (Dr. Carlo Wood) 1.5 hrs. 9 AM Aqua Flow in the Cabana Pool (Valerie) 10:15 AM Boxing (Joel) 11:30 AM Barre Pilates (Valerie)
10 9 AM Tennis Live Ball 3.0*†\$ 10:30 AM Barre (Natacha) 10:30 AM Tennis Live Ball 4.0*†\$ 11:30 AM Yoga (Natacha)	11 9 AM Aqua Fitness in the Cabana Pool (Andi) 9:15 AM Cardio Weights (Kerry) 4 PM Boxing (Joel)	12 6:45 AM Boot Camp (Joel) 9 AM Aqua Fitness in the Cabana Pool (Andi) 9 AM Tennis Live Ball 3.0*†\$ (Tennis Pros) 9:15 AM Yoga Flow (Pilar)	13 8 AM Core Yoga (Maria) 9:15 AM Cardio Weights (Kerry) 10:30 AM Tai Chi (Pinpin)	14 9 AM Aqua Fitness in the Cabana Pool (Andi) 9:15 AM Circuit Training (Erin) 10:30 AM Gentle Yoga (Katie)	15 6:45 AM Boot Camp (Joel) 9 AM Tennis Live Ball 3.0*†\$ (Tennis Pros) 9:15 AM Pilates (Denise) 12 PM Hour of Power Yoga (Jodi)	16 9 AM Aqua Flow in the Cabana Pool (Valerie) 11:30 AM Barre Pilates (Valerie)
17 9 AM Tennis Live Ball 3.0*†\$ 10:30 AM Barre (Natacha) 10:30 AM Tennis Live Ball 4.0*†\$ 11:30 AM Yoga (Natacha)	18 9 AM Aqua Fitness in the Cabana Pool (Andi) 9:15 AM Cardio Weights (Kerry) 4 PM Boxing (Joel)	19 9 AM Aqua Fitness in the Cabana Pool (Andi) 9 AM Tennis Live Ball 3.0*†\$ (Tennis Pros) 9:15 AM Yoga Flow (Pilar)	20 8 AM Core Yoga (Maria) 9:15 AM Cardio Weights (Kerry) 10:30 AM Tai Chi (Pinpin)	21 9 AM Aqua Fitness in the Cabana Pool (Andi) 9:15 AM Circuit Training (Erin) 10:30 AM Mobility and Stretch (Denise)	22 6:45 AM Boot Camp (Joel) 9 AM Tennis Live Ball 3.0*†\$ (Tennis Pros) 9:15 AM Pilates (Denise) 12 PM Hour of Power Yoga (Pilar)	23 9 AM Aqua Flow in the Cabana Pool (Valerie) 10:15 AM Boxing (Joel) 11:30 AM Barre Pilates (Valerie)
24 9 AM Tennis Live Ball 3.0*†\$ 10:30 AM Barre (Natacha) 10:30 AM Tennis Live Ball 4.0*†\$ 11:30 AM Yoga (Natacha)	25 9 AM Aqua Fitness in the Cabana Pool (Andi) 9:15 AM Cardio Weights (Kerry) 4 PM Boxing (Joel)	26 6:45 AM Boot Camp (Joel) 9 AM Aqua Fitness in the Cabana Pool (Andi) 9 AM Tennis Live Ball 3.0*†\$ (Tennis Pros) 9:15 AM Yoga Flow (Pilar)	27 8 AM Core Yoga (Maria) 9:15 AM Cardio Weights (Kerry) 10:30 AM Tai Chi (Pinpin)	28 9 AM Aqua Fitness in the Cabana Pool (Andi) 9:15 AM Circuit Training (Erin) 10:30 AM Gentle Yoga (Katie)	29 6:45 AM Boot Camp (Erin) 9 AM Tennis Live Ball 3.0*†\$ (Tennis Pros) 9:15 AM Pilates (Denise) 12 PM Hour of Power Yoga (Pilar)	30 9 AM Aqua Flow in the Cabana Pool (Valerie) 10:15 AM Cardio Circuits (Kerry) 11:30 AM Barre Pilates (Valerie)
31 9 AM Tennis Live Ball 3.0*†\$ 10:30 AM Barre (Natacha) 10:30 AM Tennis Live Ball 4.0*†\$ 11:30 AM Yoga (Natacha)						

“The groundwork of all happiness is health.” —LEIGH HUNT

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