

December 2025

FITNESS & TENNIS SCHEDULE



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
30 9 AM Tennis Live Ball 3.0 ^{**†§} (Tennis Pros) 9 AM Vinyasa Flow (Calie) 10:30 AM Tennis Live Ball 4.0 ^{**†§} (Tennis Pros) 11:30 AM Fit Kids! (Joel)	1 9:15 AM Cardio Weights (Kerry) 10:30 AM Aqua Fitness in the Cabana Pool (Andi) 10:30 AM Pilates (Susan) 4 PM Boxing (Joel)	2 6:45 AM Boot Camp (Joel) 9:15 AM Yoga Flow (Pilar) 9:30 AM Tennis Live Ball 3.0 ^{**†§} (Tennis Pros) 10 AM Aqua Fitness in the Cabana Pool (Andi)	3 8 AM Core Yoga (Jodi) 9:15 AM Cardio Weights (Kerry) 4 PM Boxing (Joel)	4 8 AM Vinyasa Flow (Calie) 9:15 AM Circuit Training (Erin) 10 AM Aqua Fitness in the Cabana Pool (Andi) 10:30 AM Gentle Yoga (Katie)	5 6:45 AM Boot Camp (Joel) 9:15 AM Pilates (Susan) 9:30 AM Tennis Live Ball 3.0 ^{**†§} (Tennis Pros) 12 PM Hour of Power Yoga (Pilar)	6 7:30 AM Boxing (Joel) 8:45 AM Yoga Sculpt (Valerie) 10 AM Aqua Flow in the Cabana Pool (Valerie) 10:15 AM Barre (Ericka) 11:30 AM Stretch and Tone (Ericka)
7 9:30 AM Tennis Live Ball 3.0 ^{**†§} (Tennis Pros) 9:30 AM Yoga (Calie) 10:30 AM Functional Fitness (Joel) 11 AM Tennis Live Ball 4.0 ^{**†§} (Tennis Pros) 11:30 AM Fit Kids! (Joel)	8 9:15 AM Cardio Weights (Kerry) 10:30 AM Aqua Fitness in the Cabana Pool (Andi) 10:30 AM Pilates (Susan) 4 PM Boxing (Joel)	9 6:45 AM Boot Camp (Joel) 9:15 AM Yoga Flow (Pilar) 9:30 AM Tennis Live Ball 3.0 ^{**†§} (Tennis Pros) 10 AM Aqua Fitness in the Cabana Pool (Andi)	10 8 AM Core Yoga (Maria) 9:15 AM Cardio Weights (Kerry) 10:30 AM Tai Chi (Pinpin) 4 PM Boxing (Joel)	11 8 AM Vinyasa Flow (Calie) 9:15 AM Circuit Training (Erin) 10:30 AM Gentle Yoga (Katie)	12 6:45 AM Boot Camp (Joel) 9:15 AM Pilates (Denise) 9:30 AM Tennis Live Ball 3.0 ^{**†§} (Tennis Pros) 12 PM Hour of Power Yoga (Pilar)	13 7:30 AM Boxing (Joel) 8:45 AM Yoga Sculpt (Valerie) 10 AM Aqua Flow in the Cabana Pool (Valerie) 10:15 AM Barre (Ericka) 11:30 AM Stretch and Tone (Ericka)
14 9 AM Pilates (Denise) 9:30 AM Tennis Live Ball 3.0 ^{**†§} (Tennis Pros) 10:15 AM Stretch and Mobility (Denise) 11 AM Tennis Live Ball 4.0 ^{**†§} (Tennis Pros) 11:30 AM Fit Kids! (Joel)	15 9:15 AM Cardio Weights (Kerry) 10:30 AM Aqua Fitness in the Cabana Pool (Andi) 10:30 AM Pilates (Susan) 4 PM Boxing (Joel)	16 6:45 AM Boot Camp (Joel) 9:15 AM Yoga Flow (Pilar) 9:30 AM Tennis Live Ball 3.0 ^{**†§} (Tennis Pros) 10 AM Aqua Fitness in the Cabana Pool (Andi)	17 8 AM Core Yoga (Maria) 9:15 AM Cardio Weights (Kerry) 10:30 AM Tai Chi (Pinpin) 4 PM Boxing (Joel)	18 8 AM Vinyasa Flow (Calie) 9:15 AM Zumba Dance Party (Adriana and Adreina) 10 AM Aqua Fitness in the Cabana Pool (Andi) 10:30 AM Gentle Yoga (Katie)	19 6:45 AM Boot Camp (Joel) 9:15 AM Pilates (Denise) 9:30 AM Tennis Live Ball 3.0 ^{**†§} (Tennis Pros) 12 PM Hour of Power Yoga (Pilar) <i>Adult Holiday Party</i>	20 7:30 AM Boxing (Joel) 8:45 AM Yoga Sculpt (Valerie) 10 AM Aqua Flow in the Cabana Pool (Valerie) 10:15 AM Barre (Ericka) 11:30 AM Zumba Dance Party 2 PM Sip 'N Serve (Tennis Pros)
21 9 AM Pilates (Denise) <i>Family Holiday Party</i>	22 9:15 AM Cardio Weights (Kerry) 10:30 AM Pilates (Susan) 4 PM Boxing (Joel)	23 6:45 AM Boot Camp (Joel) 8 AM Functional Fitness (Joel) 9:30 AM Tennis Live Ball 3.0 ^{**†§} (Tennis Pros)	24 Christmas Eve 8 AM Core Yoga (Maria) 10:30 AM Tai Chi (Pinpin) 11:30 AM Boxing (Joel) <i>Fitness Holiday Hours: 6 a.m. - 2 p.m.</i>	25 Christmas Day 8 AM Vinyasa Flow (Calie) <i>Fitness Holiday Hours: 6 a.m. - 2 p.m.</i>	26 6:45 AM Boot Camp (Joel) 8 AM Functional Fitness (Joel) 9:30 AM Tennis Live Ball 3.0 ^{**†§} (Tennis Pros)	27 7:30 AM Boxing (Joel) 8:45 AM Yoga Sculpt (Valerie) 10 AM Aqua Flow in the Cabana Pool (Valerie) 10:15 AM Barre (Ericka) 11:30 AM Stretch and Tone (Ericka)
28 9:30 AM Tennis Live Ball 3.0 ^{**†§} (Tennis Pros) 10:15 AM Barre (Ericka) 11 AM Tennis Live Ball 4.0 ^{**†§} (Tennis Pros) 11:30 AM Stretch and Tone (Ericka)	29 9:15 AM Cardio Weights (Kerry) 10:30 AM Aqua Fitness in the Cabana Pool (Andi) 10:30 AM Pilates (Susan) 4 PM Boxing (Joel)	30 6:45 AM Boot Camp (Kerry) 9:15 AM Yoga Flow (Calie) 9:30 AM Tennis Live Ball 3.0 ^{**†§} (Tennis Pros) 10 AM Aqua Fitness in the Cabana Pool (Andi)	31 9:15 AM Cardio Weights (Kerry) 9:15 AM Boxing (Joel) 10:30 AM Tai Chi (Pinpin)			

“There’s no way around hard work. Embrace it. You have to put in the hours because there is always something you can improve on.” —ROGER FEDERER

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