

February 2025

FITNESS & TENNIS SCHEDULE



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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)	1 9:30 AM Aqua Flow in the Cabana Pool (Valerie) 10:15 AM Boxing (Joel) 11:30 AM Power Yoga (Valerie)
2 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)	3 9:15 AM Cardio Weights (Kerry) 9:30 AM Aqua Fitness in the Fitness Pool (Andi) 10:30 AM Pilates (Denise) 4 PM Boxing (Joel)	4 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)	5 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)	6 8 AM Yoga For All Levels (Calie) 9:15 AM Full Body Burn (Erin) 9:30 AM Aqua Fitness in the Cabana Pool (Andi) 10:30 AM Gentle Yoga (Katie) 4 PM Tennis for Kids ^{***} (Tennis Pros)	7 6:45 AM Boot Camp (Conny) 9:15 AM Pilates (Denise) 9:30 AM Live Ball Tennis ^{***} (Tennis Pros)	8 9:30 AM Aqua Flow in the Cabana Pool (Valerie) 10:15 AM Boxing (Joel) 11:30 AM Power Yoga (Valerie)
9 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)	10 9:15 AM Cardio Weights (Kerry) 9:30 AM Aqua Fitness in the Fitness Pool (Andi) 10:30 AM Pilates (Denise) 4 PM Boxing (Joel)	11 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)	12 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)	13 Full Moon 8 AM Yoga For All Levels (Calie) 9:15 AM Full Body Burn (Erin) 9:30 AM Aqua Fitness in the Cabana Pool (Andi) 10:30 AM Gentle Yoga (Katie) 4 PM Tennis for Kids ^{***} (Tennis Pros) 4:30 PM Sunset Hike (Suzanne)	14 6:45 AM Boot Camp (Conny) 8 AM Partner Workout (Conny & Erin) 9:15 AM Pilates (Denise) 9:30 AM Live Ball Tennis ^{***} (Tennis Pros)	15 9:30 AM Aqua Flow in the Cabana Pool (Andi) 10:15 AM Boxing (Joel) 11:30 AM Power Yoga (Jodi) 5 PM Partner Acro Yoga (Elizabeth & Brian)
16 9:30 AM Live Ball Tennis ^{***} (Tennis Pros) 9:30 AM Intro to Hand Balances (Elizabeth) 11 AM Live Ball Express ^{***} (Tennis Pros) 11:30 AM Yoga (Susan)	17 Presidents' Day 9:15 AM Cardio Weights (Conny) 9:30 AM Aqua Fitness in the Fitness Pool (Andi) 10:30 AM Pilates (Susan) 4 PM Boxing (Joel)	18 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)	19 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)	20 8 AM Yoga For All Levels (Calie) 9:15 AM Full Body Burn (Erin) 9:30 AM Aqua Fitness in the Cabana Pool (Andi) 10:30 AM Gentle Yoga (Katie) 4 PM Tennis for Kids ^{***} (Tennis Pros)	21 6:45 AM Boot Camp (Conny) 9:15 AM Pilates (Denise) 9:30 AM Live Ball Tennis ^{***} (Tennis Pros)	22 9:30 AM Aqua Flow in the Cabana Pool (Andi) 10:15 AM Boxing (Joel) 11:30 AM Power Yoga (Jodi)
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“Discipline is the bridge between goals and accomplishment.” —JIM ROHN

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