

March 2025

FITNESS & TENNIS SCHEDULE



SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

23

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)

24

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)

25

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)

26

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)

27

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)

28

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 **Barre Pilates** (Valerie)

2

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)

3

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)

4

6:45 AM **Boot Camp** (Joel)

9:15 AM **Stretch & Mobility** (Denise)

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)

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4 PM **Tennis for Kids**^{†††} (Tennis Pros)

7

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9:15 AM **Studio Circuits** (Erin)

9:30 AM **Aqua Fitness in the Cabana Pool** (Andi)

10:30 AM **Gentle Yoga** (Katie)

4 PM **Tennis for Kids**^{†††} (Tennis Pros)

14

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Classes and times are subject to change

** Weather permitting*

*** Sign-up required*

† Fee required

†† Requires sign-up at least 24 hrs. in advance