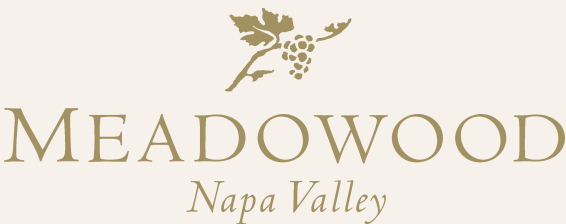


September 2025

FITNESS & TENNIS SCHEDULE



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
31 9 AM Tennis Live Ball 3.0*†\$ (Tennis Pros) 10:30 AM Barre (Natacha) 10:30 AM Tennis Live Ball 4.0*†\$ (Tennis Pros) 11:30 AM Yoga (Natacha)	1 9:15 AM Cardio Weights (Kerry) 10 AM Aqua Fitness in the Cabana Pool (Andi) 4 PM Boxing (Joel)	2 6:45 AM Boot Camp (Joel) 9 AM Tennis Live Ball 3.0*†\$ (Tennis Pros) 9:15 AM Yoga Flow (Susan) 10 AM Aqua Fitness in the Cabana Pool (Andi)	3 8 AM Core Yoga (Maria) 9:15 AM Cardio Weights (Kerry) 5 PM Barre (Natacha)	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 AM Tennis Live Ball 3.0*†\$ (Tennis Pros) 9:15 AM Pilates (Denise) 11 AM Dumbbell Dance Party (Erin) 12 PM Hour of Power Yoga (Katie)	6 10 AM Aqua Flow in the Cabana Pool (Valerie) 10:15 AM Boxing (Joel) 11:30 AM Barre Pilates (Valerie)
7 9 AM Tennis Live Ball 3.0*†\$ (Tennis Pros) 10:30 AM Functional Fitness (Joel) 10:30 AM Tennis Live Ball 4.0*†\$ (Tennis Pros) 4 PM Aqua Fitness in the Fitness Pool (Andi)	8 9:15 AM Cardio Weights (Erin) 10 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 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 (Erin) 10:30 AM Tai Chi (Pinpin) 5 PM Barre (Natacha)	11 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)	12 6:45 AM Boot Camp (Joel) 9 AM Tennis Live Ball 3.0*†\$ (Tennis Pros) 9:15 AM Pilates (Denise) 11 AM Dumbbell Dance Party (Erin) 12 PM Hour of Power Yoga (Katie)	13 10 AM Aqua Fitness in the Cabana Pool (Andi) 10:15 AM Boxing (Joel)
14 9 AM Tennis Live Ball 3.0*†\$ (Tennis Pros) 9:30 AM Hike and Stretch (Pinpin) 10:30 AM Tennis Live Ball 4.0*†\$ (Tennis Pros) 10:30 AM Functional Fitness (Joel)	15 9:15 AM Cardio Weights (Kerry) 10 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 AM Tennis Live Ball 3.0*†\$ (Tennis Pros) 9:15 AM Yoga Flow (Susan) 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) 5 PM Barre (Natacha)	18 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)	19 6:45 AM Boot Camp (Joel) 9 AM Tennis Live Ball 3.0*†\$ (Tennis Pros) 9:15 AM Pilates (Denise) 11 AM Dumbbell Dance Party (Erin) 12 PM Hour of Power Yoga (Pilar)	20 10 AM Aqua Fitness in the Cabana Pool (Andi) 10:15 AM Boxing (Joel)
21 9 AM Tennis Live Ball 3.0*†\$ (Tennis Pros) 10:30 AM Functional Fitness (Joel) 10:30 AM Tennis Live Ball 4.0*†\$ (Tennis Pros) 4 PM Aqua Fitness in the Fitness Pool (Andi)	22 9:15 AM Cardio Weights (Kerry) 10 AM Aqua Fitness in the Cabana Pool (Andi) 10:30 AM Pilates (Susan) 4 PM Boxing (Joel)	23 6:45 AM Boot Camp (Joel) 9 AM Tennis Live Ball 3.0*†\$ (Tennis Pros) 9:15 AM Yoga Flow (Pilar) 10 AM Aqua Fitness in the Cabana Pool (Andi)	24 8 AM Core Yoga (Maria) 9:15 AM Cardio Weights (Kerry) 10:30 AM Tai Chi (Pinpin) 5 PM Barre (Natacha)	25 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)	26 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) 6 PM Zumba Party (Tennis Courts)** (Andreina & Adriana) 1.5 hrs.	27 10 AM Aqua Flow in the Cabana Pool (Valerie) 10:15 AM Boxing (Joel) 11:30 AM Barre Pilates (Valerie)
28 9 AM Tennis Live Ball 3.0*†\$ (Tennis Pros) 9:30 AM Hike and Stretch (Pinpin) 10:30 AM Tennis Live Ball 4.0*†\$ (Tennis Pros) 10:30 AM Functional Fitness (Joel)	29 9:15 AM Cardio Weights (Kerry) 10 AM Aqua Fitness in the Cabana Pool (Andi) 10:30 AM Pilates (Susan) 4 PM Boxing (Joel)	30 6:45 AM Boot Camp (Joel) 9 AM Tennis Live Ball 3.0*†\$ (Tennis Pros) 9:15 AM Yoga Flow (Pilar) 10 AM Aqua Fitness in the Cabana Pool (Andi)				

“Some people want it to happen, some wish it would happen, others make it happen.” —MICHAEL JORDAN

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