

# April 2024

## FITNESS & TENNIS SCHEDULE



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>31</b> Easter Sunday 7:30 AM Yoga (Natacha)	<b>1</b> 8 AM Vinyasa Yoga (Maria) 9:15 AM Cardio Weights (Kerry) 10 AM Aqua Fitness in the Fitness Pool (Andi) 10:30 AM Slow Flow Yoga (Katie)	<b>2</b> 6:45 AM Circuit Training (Maria) 8:30 AM Vinyasa Yoga (Maria) 9 AM Aqua Fitness in the Cabana Pool (Andi) 10 AM Live Ball Tennis*† (Tennis Pros) 10:30 AM Slow Flow Yoga (Katie)	<b>3</b> 9:15 AM Cardio Weights (Kerry) 10:30 AM Tai Chi (Pinpin)	<b>4</b> 8 AM Yoga For All Levels (Maria) 9:15 AM Vinyasa Yoga (Katie)	<b>5</b> 8 AM Guided Hike (Suzanne) 9:15 AM Tai Chi (Pinpin) 10:30 AM Yoga Flow (Pilar)	<b>6</b> In Good Health Series 8:15 AM Yoga Strength Work (Katie) 9 AM Aqua Resistance Training in the Cabana Pool (Val) 10:15 AM Boxing & Circuits (Joel) 11:30 AM Pilates (Susan)
<b>7</b> In Good Health Series 9:30 AM Aligning with Spring - Ayurvedic Practices (Susan) 10:30 AM Barre Aligned (Natacha) 11:30 AM Yoga (Natacha) 12:15 PM Tai Chi in the Forest (Pinpin) 3 PM Kids Boxing, Ages 6-12** (Joel)	<b>8</b> 9:15 AM Cardio Weights (Kerry) 10 AM Aqua Fitness in the Fitness Pool (Andi) 10:30 AM Slow Flow Yoga (Katie)	<b>9</b> 6:45 AM Circuit Training (Maria) 9:15 AM Vinyasa Flow (Pilar) 9 AM Aqua Fitness in the Cabana Pool (Andi) 10 AM Live Ball Tennis*† (Tennis Pros)	<b>10</b> 6:30 AM Core Flow Yoga (Jodi) 9:15 AM Cardio Weights (Kerry) 10:30 AM Tai Chi (Pinpin)	<b>11</b> 8 AM Yoga For All Levels (Calie) 9:15 AM Vinyasa Yoga (Katie) 10 AM Aqua Fitness in the Fitness Pool (Andi) 10:30 AM Stretch & Mobility (Denise)	<b>12</b> 6:45 AM Boot Camp (Erin) 7:45 AM Core & Cardio (Erin) 9:15 AM Pilates (Denise) 10 AM Live Ball Tennis*† (Tennis Pros) 10:30 AM Yoga Flow (Pilar)	<b>13</b> 8:30 AM Get Energized Clinic (Denise & Maria)**\$ 9 AM Aqua Fitness in the Cabana Pool (Andi) 10:15 AM Boxing (Joel)
<b>14</b> 10:30 AM Barre (Natacha) 11 AM Live Ball Express*† (Tennis Pros) 11:30 AM Yoga (Natacha) 3 PM Kids Boxing, Ages 6-12** (Joel)	<b>15</b> 8 AM Vinyasa Yoga (Maria) 9:15 AM Cardio Weights (Kerry) 10 AM Aqua Fitness in the Fitness Pool (Andi) 10:30 AM Slow Flow Yoga (Katie)	<b>16</b> 6:45 AM Circuit Training (Erin) 9:15 AM Vinyasa Flow (Pilar) 9 AM Aqua Fitness in the Cabana Pool (Andi) 10 AM Live Ball Tennis*† (Tennis Pros)	<b>17</b> 6:30 AM Core Flow Yoga (Jodi) 9:15 AM Cardio Weights (Kerry) 10:30 AM Tai Chi (Pinpin) 2 PM ORIX Fusion (Shermineh)	<b>18</b> 8 AM Yoga For All Levels (Calie) 9:15 AM Vinyasa Yoga (Katie) 10 AM Aqua Fitness in the Fitness Pool (Andi) 10:30 AM Stretch & Mobility (Denise) 11:30 PM ORIX Fusion (Shermineh)	<b>19</b> 6:45 AM Boot Camp (Erin) 7:45 AM Core & Cardio (Erin) 9:15 AM Pilates (Denise) 10 AM Live Ball Tennis*† (Tennis Pros) 10:30 AM Yoga Flow (Pilar)	<b>20</b> 10:15 AM Boxing (Joel)
<b>21</b> 10:30 AM Breathwork & Yoga Workshop (Natacha)**\$ 11 AM Live Ball Express*† (Tennis Pros) 12:30 AM Kid's Earth Day Adventures Ages 6-12 (Erin & Conny)** 3 PM Kids Boxing, Ages 6-12** (Joel)	<b>22</b> 8 AM Vinyasa Yoga (Maria) 9:15 AM Cardio Weights (Kerry) 10:30 AM Slow Flow Yoga (Katie)	<b>23</b> 6:45 AM Circuit Training (Erin) 9:15 AM Vinyasa Yoga (Pilar) 9 AM Aqua Fitness in the Cabana Pool (Andi) 10 AM Live Ball Tennis*† (Tennis Pros)	<b>24</b> 6:30 AM Core Flow Yoga (Jodi) 9:15 AM Cardio Weights (Kerry) 10:30 AM Tai Chi (Pinpin)	<b>25</b> 8 AM Yoga For All Levels (Calie) 9:15 AM Vinyasa Yoga (Katie) 10 AM Aqua Fitness in the Fitness Pool (Andi) 10:30 AM Stretch & Mobility (Denise)	<b>26</b> 6:45 AM Boot Camp (Erin) 7:45 AM Core & Cardio (Erin) 9:15 AM Pilates (Denise) 10 AM Live Ball Tennis*† (Tennis Pros) 10:30 AM Yoga Flow (Pilar)	<b>27</b> 9 AM Aqua Fitness in the Cabana Pool (Andi) 10:15 AM Boxing (Joel)
<b>28</b> 10:30 AM Barre (Natacha) 11 AM Live Ball Express*† (Tennis Pros) 11:30 AM Yoga (Natacha) 3 PM Kids Boxing, Ages 6-12** (Joel)	<b>29</b> 8 AM Vinyasa Yoga (Maria) 9:15 AM Power Pilates (Denise) 10 AM Aqua Fitness in the Fitness Pool (Andi) 10:30 AM Slow Flow Yoga (Katie)	<b>30</b> 6:45 AM Circuit Training (Maria) 9:15 AM Vinyasa Flow (Pilar) 9 AM Aqua Fitness in the Cabana Pool (Andi) 10 AM Live Ball Tennis*† (Tennis Pros)				

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

“The groundwork for all happiness is good health.” - LEIGH HUNT