

February 2024

FITNESS & TENNIS SCHEDULE



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
28 10:30 AM Barre (Natacha) 11 AM Live Ball Express*† (Tennis Pros) 11:30 AM Yoga (Natacha)	29 9:15 AM Cardio Weights (Kerry) 10 AM Aqua Fitness in the Fitness Pool (Andi) 10:30 AM Slow Flow Yoga (Katie)	30 6:45 AM Circuit Training (Erin) 9:15 AM Vinyasa Yoga (Pilar) 10 AM Live Ball Tennis*† (Tennis Pros) 10 AM Aqua Fitness at the Cabana Pool (Andi)	31 6:30 AM Core Flow Yoga (Jodi) 9:15 AM Cardio Weights (Kerry) 10:30 AM Power Yoga (Katie) 12 PM Heavy Hitters Tennis*† (Tennis Pros) 5:30 PM Tai Chi (Pinpin)	1 8 AM Yoga For All Levels (Calie) 9:15 AM Vinyasa Yoga (Katie) 10 AM Aqua Fitness in the Cabana Pool (Andi)	2 6:45 AM Boot Camp (Erin) 9:15 AM Pilates (Denise) 10 AM Live Ball Tennis*† (Tennis Pros) 10:30 AM Stretch & Mobility (Denise)	3 In Good Health Series 7:30 AM Intro to Hand Balances (Elizabeth) 8:30 AM Partner Acro Yoga (Elizabeth & Brian) 9 AM Aqua Fitness (Andi) 9:15 AM Standing Core Balance (Kerry) 10:15 AM Intro to Hand Balances (Elizabeth) 11:15 AM Yoga Stability Hold (Maria)
4 In Good Health Series 7:30 AM Sunrise Meditation (Suzanne) 9 AM Intro to Hand Balances (Elizabeth) 10 AM Barre Balance & Posture (Natacha) 11 AM Live Ball Express*† (Tennis Pros) 11 AM Partner Acro Yoga (Elizabeth & Brian) 12 PM Poolside Tai Chi (Pinpin)	5 8 AM Vinyasa Yoga (Maria) 9:15 AM Cardio Weights (Kerry) 10:30 AM Slow Flow Yoga (Katie)	6 6:45 AM Circuit Training (Erin) 9:15 AM Stretch & Mobility (Denise) 10 AM Live Ball Tennis*† (Tennis Pros) 10 AM Aqua Fitness in the Cabana Pool (Andi)	7 6:30 AM Core Flow Yoga (Jodi) 9:15 AM Cardio Weights (Kerry) 10:30 AM Tai Chi (Pinpin) 12 PM Heavy Hitters Tennis*† (Tennis Pros)	8 8 AM Yoga For All Levels (Calie) 9:15 AM Vinyasa Yoga (Katie) 10 AM Aqua Fitness at the Cabana Pool (Andi)	9 6:45 AM Boot Camp (Erin) 9:15 AM Pilates (Denise) 10 AM Live Ball Tennis*† (Tennis Pros) 10:30 AM Stretch & Mobility (Denise)	10 7:30 AM Boot Camp (Erin) 9 AM Fit Kids, Ages 5-9 (Erin) 9 AM Aqua Fitness at the Cabana Pool (Andi) 10:15 AM Boxing (Joel)
11 8 AM Guided Meditation (Suzanne) 11 AM Live Ball Express*† (Tennis Pros) 10:30 AM Barre (Natacha) 11:30 AM Yoga (Natacha)	12 8 AM Vinyasa Yoga (Maria) 9:15 AM Cardio Weights (Kerry) 10:30 AM Slow Flow Yoga (Katie)	13 6:45 AM Circuit Training (Erin) 9:15 AM Stretch & Mobility (Denise) 10 AM Live Ball Tennis*† (Tennis Pros) 10 AM Aqua Fitness at the Cabana Pool (Andi)	14 6:30 AM Core Flow Yoga (Jodi) 9:15 AM Cardio Weights (Kerry) 10:30 AM Partner Workout (Katie & Erin) 12 PM Heavy Hitters Tennis*† (Tennis Pros)	15 8 AM Yoga For All Levels (Calie) 9:15 AM Vinyasa Yoga (Katie) 10 AM Aqua Fitness in the Cabana Pool (Andi)	16 6:45 AM Boot Camp (Erin) 9:15 AM Pilates (Denise) 10 AM Live Ball Tennis*† (Tennis Pros) 10:30 AM Yoga Flow (Pilar)	17 7:30 AM Boot Camp (Erin) 9 AM Fit Kids, Ages 5-9 (Erin) 9 AM Aqua Fitness at the Cabana Pool (Andi) 10:15 AM Boxing (Joel)
18 7:30 AM Yoga (Natacha) 10:30 AM "Love Your Feet" Foot Workshop**§ (Denise) 11 AM Live Ball Express*† (Tennis Pros)	19 9:15 AM Cardio Weights (Kerry) 10:30 AM Slow Flow Yoga (Katie)	20 6:45 AM Circuit Training (Erin) 9:15 AM Yoga Flow (Pilar) 10 AM Live Ball Tennis*† (Tennis Pros) 10 AM Aqua Fitness at the Cabana Pool (Andi)	21 6:30 AM Core Flow Yoga (Jodi) 9:15 AM Cardio Weights (Kerry) 10:30 AM Tai Chi (Pinpin) 12 PM Heavy Hitters Tennis*† (Tennis Pros)	22 8 AM Yoga For All Levels (Calie) 9:15 AM Vinyasa Yoga (Katie) 10 AM Aqua Fitness at the Cabana Pool (Andi)	23 6:45 AM Boot Camp (Erin) 9:15 AM Pilates (Denise) 10 AM Live Ball Tennis*† (Tennis Pros) 10:30 AM Yoga Flow (Pilar)	24 7:30 AM Boot Camp (Erin) 9 AM Fit Kids, Ages 5-9 (Erin) 9 AM Aqua Fitness at the Cabana Pool (Andi) 10:15 AM Boxing (Joel)
25 8:30 AM Vinyasa Yoga (Maria) 10:30 AM Barre (Natacha) 11 AM Live Ball Express*† (Tennis Pros) 11:30 AM Yoga (Natacha)	26 8 AM Vinyasa Yoga (Maria) 10:30 AM Slow Flow Yoga (Katie)	27 6:45 AM Circuit Training (Erin) 9:15 AM Yoga Flow (Pilar) 10 AM Live Ball Tennis*† (Tennis Pros) 10 AM Aqua Fitness at the Cabana Pool (Andi)	28 6:30 AM Core Flow Yoga (Jodi) 9:15 AM Cardio Weights (Erin) 10:30 AM Tai Chi (Pinpin) 12 PM Heavy Hitters Tennis*† (Tennis Pros)	29 8 AM Yoga For All Levels (Calie) 9:15 AM Vinyasa Yoga (Katie) 10 AM Aqua Fitness at the Cabana Pool (Andi)		

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

"You miss one hundred percent of the shots you don't take." - WAYNE GRETZKY