

May 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) 3 PM Kids Boxing, Ages 6-12** (Joel)	29 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)	30 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)	1 9:15 AM Cardio Weights (Erin) 10:30 AM Tai Chi (Pinpin) 3 PM Boxing (Joel)	2 8 AM Yoga For All Levels (Calie) 9 AM Aqua Fitness in the Fitness Pool (Andi) 10:30 AM Stretch & Mobility (Denise)	3 8 AM Guided Hike (Suzanne) 9 AM Live Ball Tennis*† (Tennis Pros) 9:15 AM Pilates (Susan) 8 PM Disco After Dark (Denise)**\$	4 In Good Health Series 9 AM Aqua Fitness in the Cabana Pool (Andi) 10:15 AM Boxing (Joel) 11:30 AM Outdoor Vinyasa Yoga (Katie) 12:15 PM Yoga Sculpt (Val) 1 PM Guided Hike (Pilar)
5 In Good Health Series 8 AM Hike (Suzanne) 10:30 AM Barre (Natacha) 11:30 AM Yoga Outdoors (Natacha)	6 9:15 AM Cardio Fitness (Maria) 3 PM Boxing (Joel) 6:30 PM Vinyasa Yoga (Maria)	7 6:45 AM Circuit Training (Erin) 9 AM Live Ball Tennis*† (Tennis Pros) 9:15 AM Yoga Flow (Pilar) 10:30 AM Hike (Pilar) 4 PM Kinder Swim, Ages 3-5 (Shaina)**\$	8 9:15 AM Cardio Weights (Kerry) 10:30 AM Tai Chi (Pinpin) 3 PM Boxing (Joel) 4 PM Kinder Swim, Ages 3-5 (Shaina)**\$	9 8 AM Yoga For All Levels (Calie) 9:15 AM Boot Camp (Erin)	10 6:45 AM Boot Camp (Erin) 9 AM Live Ball Tennis*† (Tennis Pros) 9:15 AM Pilates (Susan)	11 9 AM Aqua Fitness in the Cabana Pool (Val) 10:15 AM Boxing (Joel) 11:30 AM Yoga Sculpt (Val)
12 Mother's Day 9 AM "Just Breathe" (Jennifer) 11 AM Live Ball Express*† (Tennis Pros) 11:30 AM Barre (Natacha)	13 9 AM Aqua Fitness in the Fitness Pool (Andi) 9:15 AM Cardio Weights (Kerry) 3 PM Boxing (Joel) 6:30 PM Vinyasa Yoga (Maria)	14 6:45 AM Circuit Training (Erin) 9 AM Aqua Fitness in the Cabana Pool (Andi) 9 AM Live Ball Tennis*† (Tennis Pros) 9:15 AM Yoga Flow (Pilar) 10:30 AM Hike (Pilar) 4 PM Kinder Swim, Ages 3-5 (Shaina)**\$	15 9:15 AM Cardio Weights (Kerry) 10:30 AM Tai Chi (Pinpin) 3 PM Boxing (Joel) 4 PM Kinder Swim, Ages 3-5 (Shaina)**\$	16 8 AM Yoga For All Levels (Calie) 9 AM Aqua Fitness in the Fitness Pool (Andi) 10:30 AM Stretch & Mobility (Denise)	17 6:45 AM Boot Camp (Erin) 9 AM Live Ball Tennis*† (Tennis Pros) 9:15 AM Pilates (Denise)	18 9 AM Aqua Fitness in the Cabana Pool (Val) 10:15 AM Boxing (Joel) 11:30 AM Yoga Sculpt (Val)
19 10:30 AM Barre (Natacha) 11 AM Live Ball Express*† (Tennis Pros) 11:30 AM Yoga (Natacha)	20 9 AM Aqua Fitness in the Fitness Pool (Andi) 9:15 AM Cardio Weights (Kerry) 3 PM Boxing (Joel) 6:30 PM Vinyasa Yoga (Maria)	21 6:45 AM Circuit Training (Erin) 9 AM Aqua Fitness in the Cabana Pool (Andi) 9 AM Live Ball Tennis*† (Tennis Pros) 9:15 AM Yoga Flow (Pilar) 10:30 AM Hike (Pilar) 4 PM Kinder Swim, Ages 3-5 (Shaina)**\$	22 9:15 AM Cardio Weights (Kerry) 10:30 AM Tai Chi (Pinpin) 3 PM Boxing (Joel) 4 PM Kinder Swim, Ages 3-5 (Shaina)**\$	23 8 AM Yoga For All Levels (Calie) 9 AM Aqua Fitness in the Fitness Pool (Andi) 10:30 AM Stretch & Mobility (Denise) 6:30 PM Full Moon Meditation (Suzanne)	24 6:45 AM Boot Camp (Erin) 9 AM Live Ball Tennis*† (Tennis Pros) 9:15 AM Pilates (Denise)	25 9 AM Aqua Fitness in the Cabana Pool (Val) 10:15 AM Boxing (Joel) 11:30 AM Yoga Sculpt (Val)
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Classes and times are subject to change
 * Weather permitting
 ** Signup required
 \$ Fee required
 † Requires sign-up at least 24 hrs in advance

"Just believe in yourself. Even if you don't, just pretend that you do and at some point, you will." - VENUS WILLIAMS