

July 2024

FITNESS & TENNIS SCHEDULE



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
30 9:30 AM Fitness Hike (Conny) 10:30 AM Barre (Natacha) 11 AM Live Ball Express ^{††} (Tennis Pros) 11:30 AM Yoga (Natacha) 12 PM Kids Pool Activities, Ages 5-9, Water Safe Only (Conny) ^{**}	1 9 AM Aqua Fitness in the Fitness Pool (Andi) 9:15 AM Cardio Weights (Kerry) 10:30 AM HIIT (David) 4 PM Boxing (Joel)	2 8 AM HIIT (David) 9 AM Aqua Fitness in the Cabana Pool (Andi) 9 AM Live Ball Tennis ^{††\$} (Tennis Pros) 9:15 AM Yoga Flow (Pilar) 3:45 PM Kinder Swim, Ages 3-5 (Lisa) ^{**\$}	3 9:15 AM Cardio Weights (Kerry) 4 PM Boxing (Joel)	4 8 AM Yoga For All Levels (Calie)	5 6:45 AM Boot Camp (Maria) 8 AM Full Body Fitness (Conny) 9 AM Live Ball Tennis ^{††\$} (Tennis Pros) 9:30 AM Pilates (Susan) 3:45 PM Kinder Swim, Ages 3-5 (Lisa) ^{**\$}	6 9 AM Aqua Fitness in the Cabana Pool (Andi) 10:15 AM Boxing (Joel) 11:30 AM Core Yoga Sculpt (Val)	
7 10:30 AM Barre (Natacha) 11 AM Live Ball Express ^{††\$} (Tennis Pros) 11:30 AM Yoga (Natacha) 12 PM Kids Pool Activities, Ages 5-9, Water Safe Only (Conny) ^{**}	8 9 AM Aqua Fitness in the Fitness Pool (Andi) 9:15 AM Cardio Weights (Kerry) 10:30 AM HIIT (David) 4 PM Boxing (Joel)	9 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) 3:45 PM Kinder Swim, Ages 3-5 (Lisa) ^{**\$}	10 9:15 AM Cardio Weights (Kerry) 10:30 AM Tai Chi (Pinpin) 4 PM Boxing (Joel)	11 8 AM Yoga For All Levels (Calie) 9 AM Aqua Fitness in the Fitness Pool (Andi) 10:30 AM HIIT (David)	12 6:45 AM Boot Camp (Erin) 8 AM Full Body Fitness (Conny) 9 AM Live Ball Tennis ^{††\$} (Tennis Pros) 9:30 AM Pilates (Susan) 3:45 PM Kinder Swim, Ages 3-5 (Lisa) ^{**\$}	13 In Good Health Series 9 AM "Anywhere" Fitness for Kids, Ages 5-9 (David) 9 AM Aqua Flow in the Cabana Pool (Val) 10:15 AM Shadow Boxing on the Move (Joel) 11:30 AM Yoga for Travel (Val)	
14 In Good Health Series 8 AM Vacation Meditation: How to Travel with Kids (Susan) 9 AM Resistance Training (Conny) 10:30 AM Barre (Natacha) 11 AM Live Ball Express ^{††\$} (Tennis Pros) 11:30 AM Yoga for Travel (Natacha) 12 PM Kids Pool Activities, Ages 5-9, Water Safe Only (Conny) [*]	15 9 AM Aqua Fitness in the Fitness Pool (Andi) 9:15 AM Cardio Weights (Kerry) 10:30 AM HIIT (David) 4 PM Boxing (Joel)	16 6:45 AM Circuit Training (Maria) 9 AM Aqua Fitness in the Cabana Pool (Andi) 9 AM Live Ball Tennis ^{††\$} (Tennis Pros) 9:15 AM Yoga Flow (Pilar) 3:45 PM Kinder Swim, Ages 3-5	17 9:15 AM Cardio Weights (Kerry) 10:30 AM Tai Chi (Pinpin) 4 PM Boxing (Joel)	18 8 AM Yoga For All Levels (Calie) 9 AM Aqua Fitness in the Fitness Pool (Andi) 10:30 AM HIIT (David)	19 6:45 AM Boot Camp (Erin) 8 AM Full Body Fitness (Conny) 9 AM Live Ball Tennis ^{††\$} (Tennis Pros) 9:30 AM Pilates (Susan) 3:45 PM Kinder Swim, Ages 3-5 (Lisa) ^{**\$}	20 9 AM Aqua Fitness in the Cabana Pool (Andi) 10:15 AM Boxing (Joel) 11:30 AM Core Yoga Sculpt (Val)	
21 10:30 AM Barre (Natacha) 11 AM Live Ball Express ^{††\$} (Tennis Pros) 11:30 AM Yoga (Natacha) 12 PM Kids Pool Activities, Ages 5-9, Water Safe Only (Conny) ^{**}	22 9 AM Aqua Flow in the Fitness Pool (Val) 9:15 AM Cardio Weights (Kerry) 10:30 AM HIIT (David) 10:30 AM Yoga at the Labyrinth (Val) 4 PM Boxing (Joel)	23 6:45 AM Circuit Training (Erin) 9 AM Live Ball Tennis ^{††\$} (Tennis Pros) 9:15 AM Yoga Flow (Pilar) 10:30 AM 90-Minute Balance, Core, & Stretch (Kerry) ^{*\$} 3:45 PM Kinder Swim, Ages 3-5 (Lisa) ^{**\$}	24 9:15 AM Cardio Weights (Kerry) 10:30 AM Tai Chi (Pinpin) 4 PM Boxing (Joel)	25 8 AM Yoga For All Levels (Calie) 10:30 AM HIIT (David)	26 6:45 AM Boot Camp (Erin) 8 AM Full Body Fitness (Conny) 9 AM Live Ball Tennis ^{††\$} (Tennis Pros) 9:30 AM Pilates (Susan) 3:45 PM Kinder Swim, Ages 3-5 (Lisa) ^{**\$}	27 9 AM Aqua Fitness in the Cabana Pool (Val) 10:15 AM Boxing (Joel) 11:30 AM Core 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

"The difference between the impossible and the possible lies in a person's determination." —TOMMY LASORDA