

September 2024

FITNESS & TENNIS SCHEDULE



SUNDAY

1
 10:30 AM Barre (Natacha)
 11 AM Live Ball Express**[†]
 (Tennis Pros)
 11:30 AM Yoga (Natacha)

8
 In Good Health Series
 9 AM Powerful Plyometrics (David)
 10:30 AM Barre (Natacha)
 11 AM Live Ball Express**[†] (Tennis Pros)
 11:30 AM Yoga (Natacha)

15
 10:30 AM Barre (Natacha)
 11 AM Live Ball Express**[†] (Tennis Pros)
 11:30 AM Yoga (Natacha)

22
 10:30 AM Full Body Fitness (Conny)
 11 AM Live Ball Express**[†] (Tennis Pros)
 11:30 AM Bodyweight Flow (Conny)

29
 10:30 AM Full Body Fitness (Conny)
 11 AM Live Ball Express**[†] (Tennis Pros)
 11:30 AM Bodyweight Flow (Conny)

MONDAY

2
 9 AM Aqua Fitness in the Fitness Pool (Andi)
 9:15 AM Cardio Weights (Kerry)

9
 9 AM Aqua Fitness in the Fitness Pool (Andi)
 9:15 AM Pilates Resistance (Denise)

16
 9 AM Aqua Fitness in the Fitness Pool (Andi)
 9:15 AM Cardio Weights (Kerry)

23
 9 AM Aqua Fitness in the Fitness Pool (Andi)
 9:15 AM Cardio Weights (Kerry)

30
 9 AM Aqua Fitness in the Fitness Pool (Andi)
 9:15 AM Cardio Weights (Kerry)

TUESDAY

3
 6:45 AM Boot Camp (Erin)
 9 AM Aqua Fitness in the Cabana Pool (Andi)
 9 AM Live Ball Tennis**[†]
 (Tennis Pros)
 9:15 AM Yoga Flow (Katie)

10
 6:45 AM Boot Camp (Conny)
 9 AM Aqua Fitness in the Cabana Pool (Andi)
 9 AM Live Ball Tennis**[†]
 (Tennis Pros)
 9:15 AM Yoga Flow (Katie)

17
 6:45 AM Boot Camp (Erin)
 9 AM Aqua Fitness in the Cabana Pool (Andi)
 9 AM Live Ball Tennis**[†]
 (Tennis Pros)
 9:15 AM Pilates Flow (Denise)

24
 6:45 AM Boot Camp (Conny)
 9 AM Aqua Fitness in the Cabana Pool (Andi)
 9 AM Live Ball Tennis**[†]
 (Tennis Pros)
 9:15 AM Yoga Flow (Katie)

WEDNESDAY

4
 9:15 AM Cardio Weights (Kerry)
 10:30 AM Tai Chi (Pinpin)

11
 9:15 AM Cardio Weights (Kerry)
 10:30 AM Tai Chi Outdoors (Pinpin)
 4 PM Boxing (Joel)

18
 8 AM Strength & Mobility (Maria)
 9:15 AM Cardio Weights (Kerry)
 4 PM Boxing (Joel)
 7-8:30 PM Harvest Moon Celebration
 (Denise & Suzanne)

25
 8 AM Strength & Mobility (Maria)
 9:15 AM Cardio Weights (Kerry)
 10:30 AM Tai Chi (Pinpin)
 4 PM Boxing (Joel)

THURSDAY

5
 8 AM Yoga For All Levels (Susan)
 9 AM Aqua Fitness in the Fitness Pool (Andi)
 9:15 AM Leg Day (Erin)
 5 PM Tai Chi (Pinpin)

12
 8 AM Yoga For All Levels (Katie)
 9 AM Aqua Fitness in the Fitness Pool (Andi)
 9:15 AM Leg Day (Erin)

19
 8 AM Yoga For All Levels (Katie)
 9 AM Aqua Fitness in the Fitness Pool (Andi)
 9:15 AM Leg Day (Erin)

26
 8 AM Yoga For All Levels (Calie)
 9 AM Aqua Fitness in the Fitness Pool (Andi)
 9:15 AM Leg Day (Erin)
 5 PM Tai Chi (Pinpin)

FRIDAY

6
 6:45 AM Boot Camp (Erin)
 8 AM Full Body Fitness (Conny)
 9 AM Live Ball Tennis**[†] (Tennis Pros)
 9:15 AM Pilates (Denise)

13
 6:45 AM Boot Camp (Conny)
 8 AM Full Body Fitness (Conny)
 9 AM Live Ball Tennis**[†] (Tennis Pros)
 9:15 AM Pilates (Denise)

20
 6:45 AM Boot Camp (Erin)
 8 AM Pilates Resistance (Denise)
 9 AM Live Ball Tennis**[†] (Tennis Pros)
 9:15 AM Pilates (Denise)

27
 6:45 AM Boot Camp (Conny)
 8 AM Full Body Fitness (Conny)
 9 AM Live Ball Tennis**[†] (Tennis Pros)
 9:15 AM Pilates (Denise)

SATURDAY

7
 In Good Health Series
 9 AM Aqua Flow in the Cabana Pool (Valerie)
 9 AM Kids Plyometric Power (David)
 10:15 AM Powerful Plyometrics (David)
 11:30 AM Barre & Yoga Fusion (Valerie)

14
 9 AM Aqua Flow in the Cabana Pool (Valerie)
 10:15 AM Boxing (Joel)
 11:30 AM Barre & Yoga Fusion (Valerie)

21
 9 AM Aqua Flow in the Cabana Pool (Valerie)
 10:15 AM Boxing (Joel)
 11:30 AM Barre & Yoga Fusion (Valerie)

28
 9 AM Aqua Flow in the Cabana Pool (Valerie)
 11:30 AM Barre & Yoga Fusion (Valerie)

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

“We are what we repeatedly do. Excellence then is not an act but a habit.” —ARISTOTLE