

October 2024

FITNESS & TENNIS SCHEDULE



SUNDAY

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

6
 10:30 AM Full Body Fitness (Conny)
 11 AM Live Ball Express^{**†} (Tennis Pros)
 11:30 AM Bodyweight Flow (Conny)

13
 10:30 AM Full Body Fitness (Conny)
 11 AM Live Ball Express^{**†} (Tennis Pros)
 11:30 AM Bodyweight Flow (Conny)

20
 9 AM Instinctive Meditation (Susan)
 10:30 AM Barre (Natacha)
 11 AM Live Ball Express^{**†} (Tennis Pros)
 11:30 AM Yoga (Natacha)

27
 11 AM Live Ball Express^{**†} (Tennis Pros)
 11:30 AM Yoga (Natacha)

MONDAY

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

7
 9:15 AM Cardio Weights (Kerry)
 9:30 AM Aqua Fitness in the Cabana Pool (Andi)

14
 9:15 AM Cardio Weights (Erin)
 9:30 AM Aqua Fitness in the Cabana Pool (Suzanne)

21
 9:15 AM Cardio Weights (Kerry)
 9:30 AM Aqua Fitness in the Cabana Pool (Andi)

28
 9:15 AM Cardio Weights (Kerry)
 9:30 AM Aqua Fitness in the Cabana Pool (Andi)

TUESDAY

1
 6:45 AM Boot Camp (Conny)
 9 AM Live Ball Tennis^{**†} (Tennis Pros)
 9:15 AM Yoga Flow (Pilar)
 9:30 AM Aqua Fitness in the Cabana Pool (Andi)
 5:45 PM Leg Day (Erin)

8
 6:45 AM Boot Camp (Conny)
 9 AM Live Ball Tennis^{**†} (Tennis Pros)
 9:15 AM Yoga Flow (Pilar)
 9:30 AM Aqua Fitness in the Cabana Pool (Andi)
 5:45 PM Leg Day (Erin)

15
 6:45 AM Boot Camp (Conny)
 9:15 AM Yoga Flow (Pilar)
 9:30 AM Live Ball Tennis^{**†} (Tennis Pros)
 4 PM Tennis for Kids^{**†} (Tennis Pros)
 5:45 PM Leg Day (Erin)

22
 6:45 AM Boot Camp (Erin)
 9 AM Live Ball Tennis^{**†} (Tennis Pros)
 9:15 AM Yoga Flow (Pilar)
 9:30 AM Aqua Fitness in the Cabana Pool (Andi)
 4 PM Tennis for Kids^{**†} (Tennis Pros)
 5:45 PM Leg Day (Erin)

29
 6:45 AM Boot Camp (Conny)
 9 AM Live Ball Tennis^{**†} (Tennis Pros)
 9:15 AM Yoga Flow (Pilar)
 9:30 AM Aqua Fitness in the Cabana Pool (Andi)
 4 PM Tennis for Kids^{**†} (Tennis Pros)
 5:45 PM Leg Day (Erin)

WEDNESDAY

2
 8 AM Core Yoga (Maria)
 9:15 AM Cardio Weights (Kerry)
 10:30 AM Tai Chi (Pinpin)
 4 PM Boxing (Joel)

9
 8 AM Core Yoga (Maria)
 9:15 AM Cardio Weights (Kerry)
 10:30 AM Tai Chi (Pinpin)
 4 PM Boxing (Joel)

16
 8 AM Core Yoga (Maria)
 9:15 AM Pilates Resistance (Denise)
 10:30 AM Tai Chi (Pinpin)
 4 PM Tennis for Kids^{**†} (Tennis Pros)
 4 PM Boxing (Joel)

23
 8 AM Core Yoga (Maria)
 9:15 AM Cardio Weights (Kerry)
 10:30 AM Tai Chi (Pinpin)
 4 PM Tennis for Kids^{**†} (Tennis Pros)
 4 PM Boxing (Joel)

30
 8 AM Core Yoga (Maria)
 9:15 AM Cardio Weights (Kerry)
 10:30 AM Tai Chi (Pinpin)
 4 PM Tennis for Kids^{**†} (Tennis Pros)
 4 PM Boxing (Joel)

THURSDAY

3
 In Good Health Series
 8 AM YogAroma (Calie)
 9:15 AM Barefoot Balance (Conny)
 9:30 AM Sensory Deprivation Aqua Fitness in the Cabana Pool (Andi)
 10:30 AM Forest Bathing (Pinpin)

10
 8 AM Yoga For All Levels (Calie)
 9:15 AM Leg Day (Erin)
 9:30 AM Aqua Fitness in the Cabana Pool (Andi)
 10:30 AM Pilates (Susan)

17
 8 AM Yoga For All Levels (Calie)
 9:15 AM Leg Day (Erin)
 9:30 AM Aqua Fitness in the Cabana Pool (Suzanne)
 10:30 AM Pilates (Susan)
 4 PM Tennis for Kids^{**†} (Tennis Pros)

24
 8 AM Yoga For All Levels (Calie)
 9:15 AM Leg Day (Erin)
 9:30 AM Aqua Fitness in the Cabana Pool (Andi)
 10:30 AM Pilates (Denise)
 4 PM Tennis for Kids^{**†} (Tennis Pros)

31
 8 AM Yoga For All Levels (Calie)
 9:15 AM Leg Day (Erin)
 9:30 AM Aqua Fitness in the Cabana Pool (Andi)
 10:30 AM Pilates (Susan)
 4 PM Tennis for Kids^{**†} (Tennis Pros)

FRIDAY

4
 In Good Health Series
 6:45 AM Full Body Temperature Triathlon (Conny)
 8 AM Forest Fitness Hike (Conny)
 9 AM Live Ball Tennis^{**†} (Tennis Pros)
 9:15 AM Pilates Pulse (Denise)
 10:30 AM Grounding Breathwork (Jennifer)

11
 6:45 AM Boot Camp (Conny)
 8 AM Full Body Fitness (Conny)
 9 AM Live Ball Tennis^{**†} (Tennis Pros)
 9:15 AM Pilates (Denise)

18
 6:45 AM Boot Camp (Conny)
 8 AM Full Body Fitness (Conny)
 9 AM Live Ball Tennis^{**†} (Tennis Pros)
 9:15 AM Pilates (Denise)

25
 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

5
 In Good Health Series
 9:30 AM Aqua Flow & Tonal Float in the Cabana Pool (Valerie)
 10:15 AM Precision Shadow Boxing (Joel)
 11:30 AM Barre Dance & Flow (Valerie)

12
 9:30 AM Aqua Fitness in the Cabana Pool (Andi)
 10:15 AM Boxing (Joel)
 11:30 AM Barre & Yoga Fusion (Valerie)

19
 9:30 AM Aqua Flow in the Cabana Pool (Valerie)
 10:15 AM Boxing (Joel)
 11:30 AM Barre & Yoga Fusion (Valerie)

26
 9:30 AM Aqua Fitness in the Cabana Pool (Andi)
 11:30 AM Barre & Yoga Fusion (Valerie)

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

“The greatest wealth is health.” —VIRGIL