

November 2024

FITNESS & TENNIS SCHEDULE



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
27 11 AM Live Ball Express^{††§} (Tennis Pros) 11:30 AM Yoga (Natacha)	28 9:15 AM Cardio Weights (Kerry) 9:30 AM Aqua Fitness in the Cabana Pool (Andi)	29 6:45 AM Boot Camp (Conny) 9:15 AM Yoga Flow (Pilar) 9:30 AM Live Ball Tennis^{††§} (Tennis Pros) 9:30 AM Aqua Fitness in the Cabana Pool (Andi) 4 PM Tennis for Kids^{††§} (Tennis Pros) 5:45 PM Leg Day (Erin)	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)	31 8 AM Yoga For All Levels (Calie) 9:15 AM Leg Day (Erin) 9:30 AM Aqua Fitness in the Cabana Pool (Andi) 4 PM Tennis for Kids^{††§} (Tennis Pros)	1 In Good Health Series 6:45 AM Core & Cardio (Conny) 8 AM Breath & Balance (Conny) 9:15 AM Pilates: Ground & Center (Susan) 9:30 AM Live Ball Tennis^{††§} (Tennis Pros) 10:30 AM Labyrinth Walk & Meditation (Suzanne)	2 In Good Health Series 8:30 AM Hatha Yoga (Calie) 9:30 AM Aqua Flow in the Cabana Pool (Valerie) 10 AM Tennis for Kids^{††§} (Tennis Pros) 10:15 AM Shadow Boxing (Joel) 11:30 AM Garuda Barre (Valerie)
3 9:30 AM Live Ball Tennis^{††§} (Tennis Pros) 10:30 AM Barre (Natacha) 11 AM Live Ball Express^{††§} (Tennis Pros) 11:30 AM Yoga (Natacha)	4 9:15 AM Cardio Weights (Kerry) 9:30 AM Aqua Fitness in the Fitness Pool (Andi) 10:30 AM Gentle Yoga (Katie)	5 6:45 AM Boot Camp (Conny) 9:15 AM Yoga Flow (Pilar) 9:30 AM Live Ball Tennis^{††§} (Tennis Pros) 9:30 AM Aqua Fitness in the Cabana Pool (Andi) 4 PM Tennis for Kids^{††§} (Tennis Pros)	6 8 AM Core Yoga (Maria) 9:15 AM Cardio Weights (Kerry) 10:30 AM Tai Chi (Pinpin) 4 PM Boxing (Joel) 4 PM Tennis for Kids^{††§} (Tennis Pros)	7 8 AM Yoga For All Levels (Calie) 9:15 AM Leg Day (Erin) 9:30 AM Aqua Fitness in the Fitness Pool (Andi) 10:30 AM Pilates (Susan) 4 PM Tennis for Kids^{††§} (Tennis Pros)	8 6:45 AM Boot Camp (Conny) 8 AM Full Body Fitness (Conny) 9:15 AM Pilates (Denise) 9:30 AM Live Ball Tennis^{††§} (Tennis Pros)	9 9 AM HIIT (David) 9:30 AM Aqua Flow in the Cabana Pool (Valerie) 10 AM Tennis for Kids^{††§} (Tennis Pros) 10:15 AM Boxing (Joel) 11:30 AM Barre & Yoga Fusion (Valerie)
10 9:30 AM Live Ball Tennis^{††§} (Tennis Pros) 10:30 AM Barre (Natacha) 11 AM Live Ball Express^{††§} (Tennis Pros) 11:30 AM Yoga (Natacha)	11 9:15 AM Cardio Weights (Kerry) 9:30 AM Aqua Fitness in the Fitness Pool (Andi) 10:30 AM Gentle Yoga (Katie)	12 6:45 AM Boot Camp (Conny) 9:15 AM Yoga Flow (Pilar) 9:30 AM Live Ball Tennis^{††§} (Tennis Pros) 9:30 AM Aqua Fitness in the Cabana Pool (Andi) 4 PM Tennis for Kids^{††§} (Tennis Pros)	13 8 AM Core Yoga (Maria) 9:15 AM Cardio Weights (Kerry) 10:30 AM Tai Chi (Pinpin) 4 PM Boxing (Joel) 4 PM Tennis for Kids^{††§} (Tennis Pros)	14 8 AM Yoga For All Levels (Calie) 9:15 AM Leg Day (Erin) 9:30 AM Aqua Fitness in the Fitness Pool (Andi) 10:30 AM Pilates (Susan) 4 PM Tennis for Kids^{††§} (Tennis Pros)	15 6:45 AM Boot Camp (Conny) 8 AM Full Body Fitness (Conny) 9:15 AM Pilates (Susan) 9:30 AM Live Ball Tennis^{††§} (Tennis Pros)	16 9 AM HIIT (David) 9:30 AM Aqua Flow in the Cabana Pool (Valerie) 10 AM Tennis for Kids^{††§} (Tennis Pros) 10:15 AM Boxing (Joel) 11:30 AM Barre & Yoga Fusion (Valerie)
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“We are what we repeatedly do. Excellence then is not an act but a habit.” —ARISTOTLE

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