

December 2024

FITNESS & TENNIS SCHEDULE



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 9:30 AM Live Ball Tennis ^{††\$} (Tennis Pros) 10:30 AM Barre (Valerie) 11 AM Live Ball Express ^{††\$} (Tennis Pros) 11:30 AM Yoga (Valerie)	2 9:15 AM Cardio Weights (Kerry) 9:30 AM Aqua Fitness in the Fitness Pool (Andi) 10:30 AM Gentle Yoga (Katie) 4 PM Boxing (Joel)	3 6:45 AM Boot Camp (Maria) 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)	4 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)	5 In Good Health Series 8 AM Yoga For All Levels (Calie) 9:15 AM Leg Day (Erin) 9:30 AM Aqua Fitness: Cabana Pool (Andi) 10:30 AM Pilates (Susan) 4 PM Tennis for Kids ^{††\$} (Tennis Pros) 5 PM Latin Dance: Move Your Hips (Adriana Oyarzun)	6 In Good Health Series 6:45 AM Boot Camp Disco (Conny) 8 AM Latin Zumba Steps & Stretch (Andreina Febres) 9:15 AM Pilates (Denise) 9:30 AM Live Ball Tennis ^{††\$} (Tennis Pros) 10:30 AM Salsa, Samba & Bachata (Andreina Febres)	7 In Good Health Series 8 AM Zumba Together (Adriana Oyarzun) 9 AM HIIT (David) 9:30 AM Aqua Flow in the Cabana Pool (Valerie) 10 AM Tennis for Kids ^{††\$} (Tennis Pros) 5 PM Zumba Fuego (Adriana Oyarzun & Andreina Febres)
8 10:30 AM Barre (Natacha) 11:30 AM Yoga (Natacha)	9 9:15 AM Cardio Weights (Kerry) 9:30 AM Aqua Fitness in the Fitness Pool (Andi) 10:30 AM Gentle Yoga (Katie) 4 PM Boxing (Joel)	10 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)	11 8 AM Core Yoga (Maria) 9:15 AM Cardio Weights (Erin) 10:30 AM Tai Chi (Pinpin) 4 PM Boxing (Joel) 4 PM Tennis for Kids ^{††\$} (Tennis Pros)	12 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)	13 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)	14 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)
15 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)	16 9:15 AM Cardio Weights (Kerry) 9:30 AM Aqua Fitness in the Fitness Pool (Andi) 10:30 AM Gentle Yoga (Katie) 4 PM Boxing (Joel)	17 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)	18 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)	19 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)	20 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) 5:30 PM Barre Disco Party ^{††\$} (Natacha)	21 9 AM HIIT (David) 9:30 AM Aqua Flow in the Cabana Pool (Lisa) 10 AM Tennis for Kids ^{††\$} (Tennis Pros) 10:15 AM Boxing (Joel) 11:30 AM Barre & Yoga Fusion (Valerie)
22 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)	23 9:15 AM Cardio Weights (Kerry) 9:30 AM Aqua Fitness in the Fitness Pool (Andi) 10:30 AM Gentle Yoga (Katie) 4 PM Boxing (Joel)	24 Holiday Hours: 6 AM – 2 PM 9:30 AM Aqua Fitness in the Cabana Pool (Andi)	25 Holiday Hours: 6 AM – 2 PM	26 9:30 AM Aqua Fitness in the Cabana Pool (Andi) 10:30 AM Pilates (Denise) 4 PM Tennis for Kids ^{††\$} (Tennis Pros)	27 6:45 AM Boot Camp (Erin) 8 AM Full Body Fitness (Erin) 9:15 AM Pilates (Denise) 9:30 AM Live Ball Tennis ^{††\$} (Tennis Pros)	28 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)
29 9:30 AM Live Ball Tennis ^{††\$} (Tennis Pros) 11 AM Live Ball Express ^{††\$} (Tennis Pros)	30 9:15 AM Cardio Weights (Kerry) 9:30 AM Aqua Fitness in the Fitness Pool (Andi) 10:30 AM Gentle Yoga (Katie) 4 PM Boxing (Joel)	31 Holiday Hours: 6 AM – 2 PM 6:45 AM Boot Camp (Erin) 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)				

“The groundwork of all happiness is health.” —LEIGH HUNT

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