

# May 2025

## FITNESS & TENNIS SCHEDULE



### SUNDAY

### MONDAY

### TUESDAY

### WEDNESDAY

### THURSDAY

### FRIDAY

### SATURDAY

<p><b>27</b></p> <p>9 AM Hike (Joel)</p> <p>9:30 AM Tennis Live Ball 3.0**<sup>‡</sup> (Tennis Pros)</p> <p>10:30 AM Functional Fitness (Joel)</p> <p>11 AM Tennis Live Ball 4.0**<sup>‡</sup> (Tennis Pros)</p> <p>11:45 AM Yoga (Pilar)</p>	<p><b>28</b></p> <p>9:15 AM Cardio Weights (Kerry)</p> <p>9:30 AM Aqua Fitness in the Fitness Pool (Andi)</p> <p>4 PM Boxing (Joel)</p>	<p><b>29</b></p> <p>6:45 AM Boot Camp (Joel)</p> <p>9:15 AM Yoga Flow (Pilar)</p> <p>9:30 AM Tennis Live Ball 3.0**<sup>‡</sup> (Tennis Pros)</p> <p>9:30 AM Aqua Fitness in the Cabana Pool (Andi)</p>	<p><b>30</b></p> <p>8 AM Core Yoga (Maria)</p> <p>9:15 AM Cardio Weights (Kerry)</p>	<p><b>1</b></p> <p>8 AM Yoga for all Levels (Calie)</p> <p>9:15 AM Studio Circuits (Erin)</p> <p>9:30 AM Aqua Fitness in the Cabana Pool (Andi)</p>	<p><b>2</b></p> <p>6:45 AM Boot Camp (Joel)</p> <p>9:15 AM Pilates (Susan)</p> <p>9:30 AM Tennis Live Ball 3.0**<sup>‡</sup> (Tennis Pros)</p> <p>12 PM Hour of Power Yoga (Pilar)</p>	<p><b>3</b></p> <p>9:30 AM Aqua Flow in the Cabana Pool (Valerie)</p> <p>10:45 AM HIIT (Maria)</p> <p>11:30 AM Barre Pilates (Valerie)</p>
<p><b>4</b></p> <p>9:30 AM Tennis Live Ball 3.0**<sup>‡</sup> (Tennis Pros)</p> <p>10:30 AM Barre (Natacha)</p> <p>11 AM Tennis Live Ball 4.0**<sup>‡</sup> (Tennis Pros)</p> <p>11:30 AM Yoga (Natacha)</p>	<p><b>5</b></p> <p>9:15 AM Cardio Weights (Kerry)</p> <p>9:30 AM Aqua Fitness in the Fitness Pool (Lisa)</p> <p>10:30 AM Pilates (Susan)</p> <p>4 PM Boxing (Joel)</p>	<p><b>6</b></p> <p>6:45 AM Boot Camp (Joel)</p> <p>9:15 AM Yoga Flow (Calie)</p> <p>9:30 AM Tennis Live Ball 3.0**<sup>‡</sup> (Tennis Pros)</p> <p>9:30 AM Aqua Fitness in the Cabana Pool (Andi)</p>	<p><b>7</b></p> <p>8 AM Core Yoga (Maria)</p> <p>9:15 AM Cardio Weights (Kerry)</p> <p>10:30 AM Tai Chi (Pinpin)</p> <p>12 PM Hike (Pinpin)</p>	<p><b>8</b></p> <p>8 AM Yoga for all Levels (Calie)</p> <p>9:15 AM Studio Circuits (Erin)</p> <p>9:30 AM Aqua Fitness in the Cabana Pool (Andi)</p> <p>10:30 AM Gentle Yoga (Katie)</p>	<p><b>9</b></p> <p>6:45 AM Boot Camp (Joel)</p> <p>9:15 AM Pilates (Susan)</p> <p>9:30 AM Tennis Live Ball 3.0**<sup>‡</sup> (Tennis Pros)</p> <p>12 PM Hour of Power Yoga (Calie)</p>	<p><b>10</b></p> <p>9:30 AM Aqua Flow in the Cabana Pool (Valerie)</p> <p>10:15 AM Boxing (Joel)</p> <p>11:30 AM Barre Pilates (Valerie)</p>
<p><b>11</b></p> <p>9:30 AM Tennis Live Ball 3.0**<sup>‡</sup> (Tennis Pros)</p> <p>10:30 AM Barre (Natacha)</p> <p>11 AM Tennis Live Ball 4.0**<sup>‡</sup> (Tennis Pros)</p> <p>11:30 AM Yoga (Natacha)</p>	<p><b>12</b> Full Moon</p> <p>9:15 AM Cardio Weights (Kerry)</p> <p>9:30 AM Aqua Fitness in the Fitness Pool (Andi)</p> <p>10:30 AM Pilates (Susan)</p> <p>4 PM Boxing (Joel)</p> <p>7 PM Full Moon Meditation (Suzanne) <i>Held outdoors on lawn; if inclement weather, in studio</i></p>	<p><b>13</b></p> <p>6:45 AM Boot Camp (Joel)</p> <p>9:15 AM Yoga Flow (Pilar)</p> <p>9:30 AM Tennis Live Ball 3.0**<sup>‡</sup> (Tennis Pros)</p> <p>9:30 AM Aqua Fitness in the Cabana Pool (Andi)</p>	<p><b>14</b></p> <p>8 AM Core Yoga (Maria)</p> <p>9:15 AM Cardio Weights (Kerry)</p> <p>10:30 AM Tai Chi (Pinpin)</p> <p>12 PM Hike (Pinpin)</p>	<p><b>15</b></p> <p>8 AM Yoga for all Levels (Calie)</p> <p>9:15 AM Studio Circuits (Erin)</p> <p>9:30 AM Aqua Fitness in the Cabana Pool (Andi)</p> <p>10:30 AM Gentle Yoga (Katie)</p>	<p><b>16</b></p> <p>6:45 AM Boot Camp (Joel)</p> <p>9:15 AM Pilates (Susan)</p> <p>9:30 AM Tennis Live Ball 3.0**<sup>‡</sup> (Tennis Pros)</p> <p>10:30 AM Soft-Tissue Therapy Workshop**<sup>‡</sup> (Vinnie) <i>L.5 hr.</i></p> <p>12:15 PM Hour of Power Yoga (Pilar)</p>	<p><b>17</b></p> <p>9:30 AM Aqua Flow in the Cabana Pool (Valerie)</p> <p>10:15 AM Boxing (Joel)</p> <p>11:30 AM Barre Pilates (Valerie)</p>
<p><b>18</b></p> <p>9:30 AM Tennis Live Ball 3.0**<sup>‡</sup> (Tennis Pros)</p> <p>10:30 AM Barre (Natacha)</p> <p>11 AM Tennis Live Ball 4.0**<sup>‡</sup> (Tennis Pros)</p> <p>11:30 AM Yoga (Natacha)</p>	<p><b>19</b></p> <p>9:15 AM Cardio Weights (Erin)</p> <p>9:30 AM Aqua Fitness in the Fitness Pool (Suzanne)</p> <p>10:30 AM Pilates (Susan)</p> <p>4 PM Boxing (Joel)</p>	<p><b>20</b></p> <p>6:45 AM Boot Camp (Joel)</p> <p>9:15 AM Yoga Flow (Pilar)</p> <p>9:30 AM Tennis Live Ball 3.0**<sup>‡</sup> (Tennis Pros)</p> <p>9:30 AM Aqua Fitness in the Cabana Pool (Lisa)</p>	<p><b>21</b></p> <p>8 AM Core Yoga (Maria)</p> <p>9:15 AM Cardio Weights (Erin)</p> <p>10:30 AM Tai Chi (Pinpin)</p> <p>12 PM Hike (Pinpin)</p>	<p><b>22</b></p> <p>8 AM Yoga for all Levels (Calie)</p> <p>9:15 AM Studio Circuits (Erin)</p> <p>9:30 AM Aqua Fitness in the Cabana Pool (Lisa)</p> <p>10:30 AM Gentle Yoga (Katie)</p>	<p><b>23</b></p> <p>6:45 AM Boot Camp (Joel)</p> <p>9:30 AM Tennis Live Ball 3.0**<sup>‡</sup> (Tennis Pros)</p> <p>12 PM Hour of Power Yoga (Pilar)</p>	<p><b>24</b></p> <p>9:30 AM Aqua Flow in the Cabana Pool (Valerie)</p> <p>10:15 AM Boxing (Joel)</p> <p>11:30 AM Barre Pilates (Valerie)</p>
<p><b>25</b></p> <p>9:30 AM Tennis Live Ball 3.0**<sup>‡</sup> (Tennis Pros)</p> <p>10:30 AM Barre (Natacha)</p> <p>11 AM Tennis Live Ball 4.0**<sup>‡</sup> (Tennis Pros)</p> <p>11:30 AM Yoga (Natacha)</p>	<p><b>26</b> Memorial Day</p> <p>9:15 AM Cardio Weights (Kerry)</p> <p>9:30 AM Aqua Fitness in the Fitness Pool (Andi)</p> <p>10:30 AM Core Yoga (Katie)</p> <p>4 PM Boxing (Joel)</p>	<p><b>27</b></p> <p>6:45 AM Boot Camp (Joel)</p> <p>9:15 AM Yoga Flow (Pilar)</p> <p>9:30 AM Tennis Live Ball 3.0**<sup>‡</sup> (Tennis Pros)</p> <p>9:30 AM Aqua Fitness in the Cabana Pool (Andi)</p>	<p><b>28</b></p> <p>8 AM Core Yoga (Maria)</p> <p>9:15 AM Cardio Weights (Kerry)</p> <p>10:30 AM Tai Chi (Pinpin)</p> <p>12 PM Hike (Pinpin)</p>	<p><b>29</b></p> <p>8 AM Yoga for all Levels (Calie)</p> <p>9:15 AM Studio Circuits (Erin)</p> <p>9:30 AM Aqua Fitness in the Cabana Pool (Andi)</p> <p>10:30 AM Gentle Yoga (Katie)</p>	<p><b>30</b></p> <p>6:45 AM Boot Camp (Joel)</p> <p>9:15 AM Pilates (Denise)</p> <p>9:30 AM Tennis Live Ball 3.0**<sup>‡</sup> (Tennis Pros)</p> <p>12 PM Hour of Power Yoga (Pilar)</p>	<p><b>31</b> Meadowood Pro Invitational</p> <p>9:30 AM Aqua Flow in the Cabana Pool (Valerie)</p> <p>10:15 AM Boxing (Joel)</p> <p>11:30 AM Barre Pilates (Valerie)</p>

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Meadowood Pro Invitational

10:30 AM Barre (Natacha)

11:30 AM Yoga (Natacha)

*“Exercise should be regarded as a tribute to the heart.”* —GENE TUNNEY

*Classes and times are subject to change*

\* Weather permitting

\*\* Sign-up required

‡ Fee required

† Requires sign-up at least 24 hrs. in advance