

June 2025
FITNESS & TENNIS SCHEDULE



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 Meadowood Pro Invitational 7:30 AM Tennis Live Ball 3.0**\$ Tennis Live Ball 4.0**\$ (Tennis Pros) 9:30 AM Tennis Semifinals 10:30 AM Barre (Natacha) 11 AM Tennis Finals 11:30 AM Yoga (Natacha)	2 9 AM Aqua Fitness in the Fitness Pool (Andi) 9:15 AM Cardio Weights (Kerry) 4 PM Boxing (Joel)	3 6:45 AM Boot Camp (Joel) 9 AM Aqua Fitness in the Cabana Pool (Andi) 9 AM Tennis Live Ball 3.0*†\$ (Tennis Pros) 9:15 AM Yoga Flow (Pilar)	4 8 AM Core Yoga (Maria) 9:15 AM Cardio Weights (Kerry) 10:30 AM Tai Chi (Pinpin) 4 PM Boxing (Joel)	5 8 AM Yoga for all Levels (Calie) 9 AM Aqua Fitness in the Cabana Pool (Andi) 9:15 AM Circuit Training (Erin) 10:30 AM Gentle Yoga (Katie)	6 6:45 AM Boot Camp (Joel) 9 AM Tennis Live Ball 3.0*†\$ (Tennis Pros) 9:15 AM Pilates (Denise) 12 PM Hour of Power Yoga (Pilar)	7 9 AM Aqua Flow in the Cabana Pool (Valerie) 10:15 AM Boxing (Joel) 11:30 AM Barre Pilates (Valerie)
8 9 AM Tennis Live Ball 3.0*†\$ (Tennis Pros) 10:30 AM Barre (Natacha) 10:30 AM Tennis Live Ball 4.0*†\$ (Tennis Pros) 11:30 AM Yoga (Natacha)	9 9 AM Aqua Fitness in the Fitness Pool (Suzanne) 9:15 AM Cardio Weights (Kerry) 10:30 AM Pilates (Susan) 4 PM Boxing (Joel)	10 6:45 AM Boot Camp (Joel) 9 AM Aqua Fitness in the Cabana Pool (Andi) 9 AM Tennis Live Ball 3.0*†\$ (Tennis Pros) 9:15 AM Yoga Flow (Calie)	11 8 AM Core Yoga (Maria) 9:15 AM Cardio Weights (Kerry) 10:30 AM Tai Chi (Pinpin) 4 PM Boxing (Joel)	12 8 AM Yoga for all Levels (Calie) 9 AM Aqua Fitness in the Cabana Pool (Andi) 9:15 AM Circuit Training (Erin) 10:30 AM Gentle Yoga (Katie)	13 6:45 AM Boot Camp (Erin) 9 AM Tennis Live Ball 3.0*†\$ (Tennis Pros) 9:15 AM Pilates (Susan) 12 PM Hour of Power Yoga (Katie)	14 9 AM Aqua Flow in the Cabana Pool (Valerie) 10:15 AM HIIT (David) 11:30 AM Barre Pilates (Valerie)
15 9 AM Tennis Live Ball 3.0*†\$ (Tennis Pros) 10:30 AM Barre (Natacha) 10:30 AM Tennis Live Ball 4.0*†\$ (Tennis Pros) 11:30 AM Yoga (Natacha)	16 9 AM Aqua Fitness in the Fitness Pool (Andi) 9:15 AM Cardio Weights (Kerry) 10:30 AM Pilates (Susan)	17 6:45 AM Boot Camp (Erin) 9 AM Aqua Fitness in the Cabana Pool (Andi) 9 AM Tennis Live Ball 3.0*†\$ (Tennis Pros) 9:15 AM Yoga Flow (Pilar)	18 9:15 AM Cardio Weights (Kerry) 10:30 AM Tai Chi (Pinpin)	19 8 AM Yoga for all Levels (Calie) 9 AM Aqua Fitness in the Cabana Pool (Andi) 9:15 AM Circuit Training (Erin) 10:30 AM Gentle Yoga (Katie)	20 6:45 AM Boot Camp (Erin) 9 AM Tennis Live Ball 3.0*†\$ (Tennis Pros) 9:15 AM Pilates (Denise) 9:30 AM Hike at Lake Hennessey**†† (Paul and Kerry) 1.5 hr. 12:15 PM Hour of Power Yoga (Pilar)	21 9 AM Aqua Flow in the Cabana Pool (Valerie) 10:15 AM Boxing (Joel) 11:30 AM Barre Pilates (Valerie)
22 9 AM Tennis Live Ball 3.0*†\$ (Tennis Pros) 10:30 AM Barre (Natacha) 10:30 AM Tennis Live Ball 4.0*†\$ (Tennis Pros) 11:30 AM Yoga (Natacha)	23 9 AM Aqua Fitness in the Fitness Pool (Andi) 9:15 AM Cardio Weights (Erin) 10:30 AM Pilates (Susan) 4 PM Boxing (Joel)	24 6:45 AM Boot Camp (Joel) 9 AM Aqua Fitness in the Cabana Pool (Andi) 9 AM Tennis Live Ball 3.0*†\$ (Tennis Pros) 9:15 AM Yoga Flow (Pilar)	25 8 AM Core Yoga (Maria) 9:15 AM Cardio Weights (Kerry) 10:30 AM Tai Chi (Pinpin) 4 PM Boxing (Joel)	26 8 AM Yoga for all Levels (Calie) 9 AM Aqua Fitness in the Cabana Pool (Andi) 9:15 AM Circuit Training (Erin) 10:30 AM Mobility and Stretch (Denise)	27 6:45 AM Boot Camp (Joel) 9 AM Tennis Live Ball 3.0*†\$ (Tennis Pros) 9:15 AM Pilates (Denise) 12 PM Hour of Power Yoga (Pilar)	28 9 AM Aqua Flow in the Cabana Pool (Valerie) 10:15 AM Boxing (Joel) 11:30 AM Barre Pilates (Valerie)
29 8 AM Ayurveda Principles & Nutrition†\$ (Susan & Natacha) 9 AM Tennis Live Ball 3.0*†\$ (Tennis Pros) 10:30 AM Barre (Natacha) 10:30 AM Tennis Live Ball 4.0*†\$ (Tennis Pros)	30 9 AM Aqua Fitness in the Fitness Pool (Andi) 9:15 AM Cardio Weights (Kerry) 10:30 AM Pilates (Susan) 4 PM Boxing (Joel)					

“Today I will do what others won’t, so tomorrow I will do what others can’t.” —JERRY RICE

Classes and times are subject to change

* Weather permitting

** Sign-up required

\$ Fee required

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