

July 2025

FITNESS & TENNIS SCHEDULE



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
29 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)	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)	1 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)	2 8 AM Core Yoga (Maria) 9:15 AM Cardio Weights (Kerry) 10:30 AM Tai Chi (Pinpin)	3 8 AM Yoga for all Levels (Calie) 9 AM Aqua Fitness in the Cabana Pool (Andi) 9:15 AM Circuit Training (Joel) 10:30 AM Gentle Yoga (Susan)	4 Independence Day 6:45 AM Boot Camp (Joel)	5 8 AM Trail Hike (Pinpin) 9 AM Aqua Flow in the Cabana Pool (Valerie) 10:15 AM Boxing (Joel) 11:30 AM Barre Pilates (Valerie)
6 9 AM Tennis Live Ball 3.0^{*†\$} 10:30 AM Functional Fitness (Joel) 10:30 AM Tennis Live Ball 4.0^{*†\$} 11:30 AM Mindful Meditation and Stretch (Suzanne) 11:30 AM Kids Pool Play in the Family Pool (Joel) ^{*water-safe kids only}	7 9 AM Aqua Fitness in the Cabana Pool (Andi) 9:15 AM Cardio Weights (Kerry) 4 PM Boxing (Joel)	8 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)	9 9:15 AM Cardio Weights (Kerry) 10:30 AM Tai Chi (Pinpin)	10 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)	11 6:45 AM Boot Camp (Joel) 9 AM Tennis Live Ball 3.0^{*†\$} (Tennis Pros) 12 PM Hour of Power Yoga (Pilar)	12 8 AM Trail Hike (Pinpin) 9 AM Aqua Flow in the Cabana Pool (Valerie) 10:15 AM Boxing (Joel) 11:30 AM Barre Pilates (Valerie)
13 9 AM Tennis Live Ball 3.0^{*†\$} 10:30 AM Barre (Natacha) 10:30 AM Tennis Live Ball 4.0^{*†\$} 11:30 AM Yoga (Natacha) 11:30 AM Kids Pool Play in the Family Pool (Joel) ^{*water-safe kids only}	14 9 AM Aqua Fitness in the Cabana Pool (Andi) 9:15 AM Cardio Weights (Kerry) 4 PM Boxing (Joel)	15 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)	16 8 AM Core Yoga (Maria) 9:15 AM Cardio Weights (Kerry) 10:30 AM Tai Chi (Pinpin)	17 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)	18 6:45 AM Boot Camp (Joel) 9 AM Tennis Live Ball 3.0^{*†\$} (Tennis Pros) 9:15 AM Pilates (Susan) 12 PM Hour of Power Yoga (Pilar)	19 8 AM Trail Hike with Native Plant Guide (Pinpin) ^{1.5 hrs.} 9 AM Aqua Flow in the Cabana Pool (Valerie) 10:15 AM Boxing (Joel) 11:30 AM Barre Pilates (Valerie)
20 9 AM Tennis Live Ball 3.0^{*†\$} 10:30 AM Barre (Natacha) 10:30 AM Tennis Live Ball 4.0^{*†\$} 11:30 AM Yoga (Natacha) 11:30 AM Kids Pool Play in the Family Pool (Joel) ^{*water-safe kids only}	21 9 AM Aqua Fitness in the Cabana Pool (Andi) 9:15 AM Cardio Weights (Kerry) 4 PM Boxing (Joel)	22 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)	23 8 AM Core Yoga (Maria) 9:15 AM Cardio Weights (Kerry) 10:30 AM Tai Chi (Pinpin)	24 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)	25 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)	26 8 AM Trail Hike (Pinpin) 9 AM Aqua Flow in the Cabana Pool (Valerie) 10:15 AM Boxing (Joel) 11:30 AM Barre Pilates (Valerie)
27 9 AM Tennis Live Ball 3.0^{*†\$} 10:30 AM Barre (Natacha) 10:30 AM Tennis Live Ball 4.0^{*†\$} 11:30 AM Yoga (Natacha) 11:30 AM Kids Pool Play in the Family Pool (Joel) ^{*water-safe kids only}	28 9 AM Aqua Fitness in the Cabana Pool (Andi) 9:15 AM Cardio Weights (Kerry) 4 PM Boxing (Joel)	29 6:45 AM Boot Camp (Joel) 9 AM Tennis Live Ball 3.0^{*†\$} (Tennis Pros) 9:15 AM Yoga Flow (Pilar)	30 8 AM Core Yoga (Maria) 9:15 AM Cardio Weights (Kerry) 10:30 AM Tai Chi (Pinpin)	31 8 AM Yoga for all Levels (Valerie) 9 AM Aqua Fitness in the Cabana Pool (Valerie) 9:15 AM Circuit Training (Erin) 10:30 AM Gentle Yoga (Katie)		

“Nature’s peace will flow into you as sunshine flows into trees.” —JOHN MUIR

Classes and times are subject to change

* Weather permitting

** Sign-up required

\$ Fee required

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