

February 2026

FITNESS & TENNIS SCHEDULE



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 9:30 AM Tennis Live Ball 3.0**[‡] (Tennis Pros) 10:15 AM Barre (Ericka) 11 AM Tennis Live Ball 4.0**[‡] (Tennis Pros) 11:30 AM Core Burn & Deep Stretch (Ericka) 11:30 AM Junior Power Circuit Ages 11-14 (Joel)	2 9:15 AM Cardio Weights (Kerry) 10:30 AM Aqua Fitness in the Cabana Pool (Andi) 10:30 AM Buti Yoga (Lily) 4 PM Boxing (Joel)	3 6:45 AM Boot Camp (Joel) 9 AM Mobility & Stretch (Denise) 9:30 AM Tennis Live Ball 3.0**[‡] (Tennis Pros) 10:15 AM Pilates (Susan) 11:30 AM Intro to Meditation - Journeying with the Mind (Susan, 30 min)	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 Vinyasa Yoga (Calie) 9:15 AM Circuit Training (Erin) 10 AM Aqua Fitness in the Cabana Pool (Andi) 10:30 AM Gentle Yoga (Katie)	6 6:45 AM Boot Camp (Erin) 9:15 AM Pilates (Denise) 9:30 AM Tennis Live Ball 3.0**[‡] (Tennis Pros) 12 PM Hour of Power Yoga (Jodi)	7 8:45 AM Yoga Sculpt (Valerie) 10 AM Aqua Flow in the Cabana Pool (Valerie) 10:15 AM Barre (Ericka) 11:30 AM Core Burn & Deep Stretch (Ericka)
8 9 AM Yoga Flow for All Levels (Calie) 9:30 AM Tennis Live Ball 3.0**[‡] (Pros) 10:15 AM Barre (Ericka) 11 AM Tennis Live Ball 4.0**[‡] (Pros) 11:30 AM Core Burn & Deep Stretch (Ericka)	9 9:15 AM Cardio Weights (Kerry) 10:30 AM Aqua Fitness in the Cabana Pool (Andi) 10:30 AM Buti Yoga (Lily)	10 6:45 AM Boot Camp (Kerry) 9 AM Yoga Flow (Calie) 9:30 AM Tennis Live Ball 3.0**[‡] (Tennis Pros) 10:15 AM Pilates (Susan) 11:30 AM Intro to Meditation - Mantras (Susan, 30 min) 6 PM Restorative Yoga (Lily)	11 8 AM Core Yoga (Maria) 9:15 AM Cardio Weights (Kerry) 10:30 AM Tai Chi (Pinpin) 4 PM HIIT (Maria)	12 8 AM Vinyasa Yoga (Calie) 9:15 AM Circuit Training (Erin) 10 AM Aqua Fitness in the Cabana Pool (Andi) 10:30 AM Gentle Yoga (Katie)	13 6:45 AM Boot Camp (Erin) 9:15 AM Pilates (Susan) 9:30 AM Tennis Live Ball 3.0**[‡] (Tennis Pros) 12 PM Hour of Power Yoga (Jodi)	14 7:30 AM HIIT (Maria) 8:45 AM Yoga Sculpt (Valerie) 10 AM Aqua Flow in the Cabana Pool (Valerie) 10:15 AM Barre (Ericka) 11:30 AM Core Burn & Deep Stretch (Ericka)
15 9 AM Restorative Yoga (Lily) 9:30 AM Tennis Live Ball 3.0**[‡] (Pros) 10:15 AM Barre (Ericka) 11 AM Tennis Live Ball 4.0**[‡] (Pros) 11:30 AM Core Burn & Deep Stretch (Ericka)	16 9:15 AM Cardio Weights (Kerry) 10:30 AM Aqua Fitness in the Cabana Pool (Andi) 10:30 AM Buti Yoga (Lily) 4 PM Boxing (Joel)	17 6:45 AM Boot Camp (Joel) 9 AM Yoga Flow (Calie) 9:30 AM Tennis Live Ball 3.0**[‡] (Tennis Pros) 10:15 AM Pilates (Susan) 11:30 AM Intro to Meditation - Relaxing with Body (Susan, 30 min)	18 8 AM Core Yoga (Maria) 9:15 AM Cardio Weights (Kerry) 10:30 AM Tai Chi (Pinpin) 4 PM Boxing (Joel)	19 8 AM Vinyasa Yoga (Calie) 9:15 AM Circuit Training (Erin) 10 AM Aqua Fitness in the Cabana Pool (Andi) 10:30 AM Gentle Yoga (Katie)	20 6:45 AM Boot Camp (Joel) 9:15 AM Pilates (Denise) 9:30 AM Tennis Live Ball 3.0**[‡] (Tennis Pros) 12 PM Hour of Power Yoga (Jodi)	21 7:30 AM Boxing (Joel) 8:45 AM Yoga Sculpt (Valerie) 10 AM Aqua Flow in the Cabana Pool (Valerie) 10:15 AM Barre (Ericka) 11:30 AM Core Burn & Deep Stretch (Ericka)
22 9:30 AM Tennis Live Ball 3.0**[‡] (Pros) 10:15 AM Barre (Ericka) 11 AM Tennis Live Ball 4.0**[‡] (Pros) 11:30 AM Core Burn & Deep Stretch (Ericka) 11:30 AM Junior Power Circuit Ages 11-14 (Joel)	23 9:15 AM Cardio Weights (Kerry) 10:30 AM Aqua Fitness in the Cabana Pool (Andi) 10:30 AM Buti Yoga (Lily) 4 PM Boxing (Joel)	24 6:45 AM Boot Camp (Joel) 9 AM Yoga Flow (Calie) 9:30 AM Tennis Live Ball 3.0**[‡] (Tennis Pros) 10:15 AM Pilates (Susan) 11:30 AM Intro to Meditation - Breathwork (Susan, 30 min) 6 PM Restorative Yoga (Lily)	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 Vinyasa Yoga (Calie) 9:15 AM Circuit Training (Erin) 10 AM Aqua Fitness in the Cabana Pool (Andi) 10:30 AM Gentle Yoga (Katie)	27 6:45 AM Boot Camp (Joel) 9:15 AM Pilates (Denise) 9:30 AM Tennis Live Ball 3.0**[‡] (Tennis Pros) 12 PM Hour of Power Yoga (Jodi)	28 7:30 AM Boxing (Joel) 8:45 AM Yoga Sculpt (Valerie) 10 AM Aqua Flow in the Cabana Pool (Valerie) 10:15 AM Barre (Ericka) 11:30 AM Core Burn & Deep Stretch (Ericka)

“Never underestimate the power of
dreams and the influence of the human spirits.”
—WILMA RUDOLPH

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