

January 2026
FITNESS & TENNIS SCHEDULE



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
28 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 Stretch and Tone (Ericka)	29 9:15 AM Cardio Weights (Kerry) 10:30 AM Aqua Fitness in the Cabana Pool (Andi) 10:30 AM Pilates (Susan) 4 PM Boxing (Joel)	30 6:45 AM Boot Camp (Kerry) 9:15 AM Yoga Flow (Calie) 9:30 AM Tennis Live Ball 3.0*†\$ (Tennis Pros) 10 AM Aqua Fitness in the Cabana Pool (Andi)	31 9:15 AM Cardio Weights (Kerry) 10:30 AM Tai Chi (Pinpin) 4 PM Boxing (Joel) Fitness Holiday Hours: 6 a.m. - 6 p.m.	1 New Year's Day 9 AM New Year's Day Yoga (Calie) 10:30 AM Aqua Fitness in the Cabana Pool (Andi) Fitness Holiday Hours: 6 a.m. - 2 p.m.	2 6:45 AM Boot Camp (Joel) 9:15 AM Pilates (Valerie) 9:30 AM Tennis Live Ball 3.0*†\$ (Tennis Pros) 10:30 AM Barre (Valerie) 12 PM Hour of Power Yoga (Valerie)	3 8:45 AM Yoga Sculpt (Valerie) 10 AM Aqua Flow in the Cabana Pool (Valerie) 10:15 AM Barre (Ericka) 11:30 AM Stretch and Tone (Ericka)
4 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)	5 9:15 AM Cardio Weights (Kerry) 10:30 AM Aqua Fitness in the Cabana Pool (Andi) 10:30 AM Pilates (Susan) 4 PM Boxing (Joel)	6 6:45 AM Boot Camp (Joel) 9:15 AM Yoga Flow (Pilar) 9:30 AM Tennis Live Ball 3.0*†\$ (Tennis Pros)	7 8 AM Core Yoga (Maria) 9:15 AM Cardio Weights (Kerry) 10:30 AM Tai Chi (Pinpin) 4 PM Boxing (Joel)	8 8 AM Vinyasa Flow (Calie) 9:15 AM Circuit Training (Erin) 10 AM Aqua Fitness in the Cabana Pool (Andi) 10:30 AM Gentle Yoga (Katie)	9 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 (Pilar)	10 7:30 AM Boxing (Joel) 8:45 AM Yoga Sculpt (Valerie) 10 AM Aqua Flow in the Cabana Pool (Valerie) 10 AM Private Class, Studio Closed 11:15 AM Barre (Ericka) 12:30 PM Stretch and Tone (Ericka)
11 9 AM Private Class, Studio Closed 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)	12 10:30 AM Aqua Fitness in the Cabana Pool (Andi) 10:30 AM Pilates (Susan) 4 PM Boxing (Joel)	13 6:45 AM Boot Camp (Joel) 9:15 AM Yoga Flow (Pilar) 9:30 AM Tennis Live Ball 3.0*†\$ (Tennis Pros)	14 8 AM Core Yoga (Maria) 10:30 AM Tai Chi (Pinpin) 4 PM Boxing (Joel)	15 8 AM Vinyasa Flow (Calie) 9:15 AM Circuit Training (Erin) 10 AM Aqua Fitness in the Cabana Pool (Andi) 10:30 AM Gentle Yoga (Katie)	16 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 (Pilar)	17 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 Stretch and Tone (Ericka)
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25 8 AM Private Class, Studio Closed 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)	26 9:15 AM Cardio Weights (Kerry) 10:30 AM Aqua Fitness in the Cabana Pool (Andi) 10:30 AM Pilates (Susan) 4 PM Boxing (Joel)	27 6:45 AM Boot Camp (Joel) 9:15 AM Mobility & Stretch (Denise) 9:30 AM Tennis Live Ball 3.0*†\$ (Tennis Pros)	28 8 AM Core Yoga (Maria) 9:15 AM Cardio Weights (Kerry) 10:30 AM Tai Chi (Pinpin) 4 PM Boxing (Joel)	29 8 AM Vinyasa Flow (Calie) 9:15 AM Circuit Training (Erin) 10 AM Aqua Fitness in the Cabana Pool (Andi) 10:30 AM Gentle Yoga (Katie) 5:30 PM Candlelight Restorative Yoga & Yoga Nidra (Jessica)	30 6:45 AM Boot Camp (Joel) 9:15 AM Pilates (Denise) 9:30 AM Tennis Live Ball 3.0*†\$ (Tennis Pros) 10:30 AM Barre (Valerie) 12 PM Hour of Power Yoga (Valerie)	31 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 Stretch and Tone (Ericka)

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

"If you persevere long enough, if you do the right things long enough,
the right things will happen." —MANON RHÉAUME