

# April 2026

## FITNESS & TENNIS SCHEDULE



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>29</b> 9:30 AM Tennis Live Ball 3.0 <sup>**†</sup> (Pros) 10:15 AM Barre (Ericka) 11 AM Tennis Live Ball 4.0 <sup>**†</sup> (Pros) 11:30 AM Core Burn & Deep Stretch (Ericka) 11:30 AM Junior Power Circuit Ages II-14 (Joel)	<b>30</b> 9:15 AM Cardio Weights (Kerry) 10:30 AM Aqua Fitness in the Cabana Pool (Andi) 4 PM Boxing (Joel)	<b>31</b> 6:45 AM Boot Camp (Joel) 9:15 AM Yoga Flow (Shalsei) 9:30 AM Tennis Live Ball 3.0 <sup>**†</sup> (Tennis Pros) Pilates (Susan) 10:30 AM 11:30 AM Breath and Balance (Susan, 30 minutes)	<b>1</b> 8 AM Core Yoga (Maria) 9:15 AM Cardio Weights (Kerry) 10:30 AM Tai Chi (Pinpin) 4 PM Boxing (Joel)	<b>2</b> 8 AM Flow Yoga (Calie) 9 AM Aqua Fitness in the Cabana Pool (Andi) 9:15 AM Circuit Training (Erin) 10:30 AM Gentle Yoga (Katie)	<b>3</b> 6:45 AM Boot Camp (Joel) 9 AM Tennis Live Ball 3.0 <sup>**†</sup> (Pros) 9:15 AM Pilates (Denise) 12 PM Power Yoga (Jodi)	<b>4</b> 7:30 AM Boxing (Joel) 9 AM Aqua Flow in the Cabana Pool (Valerie) 10:15 AM Barre (Ericka) 11:30 AM Core Burn & Deep Stretch (Ericka)
<b>5</b> EASTER No classes	<b>6</b> 8 AM Barre (Valerie) 9 AM Aqua Fitness in the Cabana Pool (Valerie) 9:15 AM Cardio Weights (Kerry) 4 PM Boxing (Joel)	<b>7</b> 6:45 AM Boot Camp (Joel) 9 AM Tennis Live Ball 3.0 <sup>**†</sup> (Tennis Pros) 9:15 AM Yoga Flow (Shalsei) 10:30 AM Pilates (Susan)	<b>8</b> 8 AM Core Yoga (Valerie) 9 AM Aqua Fitness in the Cabana Pool (Valerie) 9:15 AM Cardio Weights (Kerry) 10:30 AM Barre (Valerie) 4 PM Boxing (Joel)	<b>9</b> 8 AM Flow Yoga (Calie) 9 AM Aqua Fitness in the Cabana Pool (Andi)	<b>10</b> 6:45 AM Boot Camp (Joel) 9 AM Tennis Live Ball 3.0 <sup>**†</sup> (Tennis Pros) 9:15 AM Barre (Ericka)	<b>11</b> 7:30 AM Boxing (Joel) 9 AM Aqua Flow in the Cabana Pool (Valerie) 10:15 AM Barre (Ericka) 11:30 AM Core Burn & Deep Stretch (Ericka)
<b>12</b> 9 AM Tennis Live Ball 3.0 <sup>**†</sup> (Pros) 10:15 AM Barre (Ericka) 10:30 AM Tennis Live Ball 4.0 <sup>**†</sup> (Pros) 11:30 AM Core Burn & Deep Stretch (Ericka) 11:30 AM Junior Power Circuit Ages II-14 (Joel)	<b>13</b> 9 AM Aqua Fitness in the Cabana Pool (Andi) 9:15 AM Cardio Weights (Kerry) 4 PM Boxing (Joel)	<b>14</b> 6:45 AM Boot Camp (Joel) 9 AM Tennis Live Ball 3.0 <sup>**†</sup> (Tennis Pros) 9:15 AM Yoga Flow (Ericka) 10:30 AM Pilates (Susan)	<b>15</b> 8 AM Core Yoga (Maria) 9 AM Aqua Fitness in the Cabana Pool (Andi) 9:15 AM Cardio Weights (Kerry) 10:30 AM Tai Chi (Pinpin)	<b>16</b> 8 AM Flow Yoga (Calie) 9 AM Aqua Fitness in the Cabana Pool (Andi) 9:15 AM Circuit Training (Erin) 10:30 AM Gentle Yoga (Katie)	<b>17</b> 6:45 AM Boot Camp (Joel) 9 AM Tennis Live Ball 3.0 <sup>**†</sup> (Tennis Pros) 9:15 AM Pilates (Denise) 12 PM Power Yoga (Jodi)	<b>18</b> 7:30 AM Boxing (Joel) 9 AM Aqua Flow in the Cabana Pool (Valerie) 10:15 AM Barre (Ericka) 11:30 AM Core Burn & Deep Stretch (Ericka)
<b>19</b> 9 AM Tennis Live Ball 3.0 <sup>**†</sup> (Pros) 10:15 AM Barre (Ericka) 10:30 AM Tennis Live Ball 4.0 <sup>**†</sup> (Pros) 11:30 AM Core Burn & Deep Stretch (Ericka) 11:30 AM Junior Power Circuit Ages II-14 (Joel)	<b>20</b> 9 AM Aqua Fitness in the Cabana Pool (Andi) 9:15 AM Cardio Weights (Kerry) 4 PM Boxing (Joel)	<b>21</b> 6:45 AM Boot Camp (Joel) 9 AM Tennis Live Ball 3.0 <sup>**†</sup> (Tennis Pros) 9:15 AM Yoga Flow (Ericka) 10:30 AM Pilates (Susan)	<b>22</b> 8 AM Core Yoga (Maria) 9 AM Aqua Fitness in the Cabana Pool (Andi) 9:15 AM Cardio Weights (Kerry) 10:30 AM Tai Chi (Pinpin) 4 PM Boxing (Joel)	<b>23</b> 8 AM Flow Yoga (Calie) 9 AM Aqua Fitness in the Cabana Pool (Andi) 9:15 AM Circuit Training (Erin) 10:30 AM Gentle Yoga (Katie)	<b>24</b> 6:45 AM Boot Camp (Joel) 9 AM Tennis Live Ball 3.0 <sup>**†</sup> (Tennis Pros) 9:15 AM Pilates (Denise) 12 PM Power Yoga (Jodi)	<b>25</b> 7:30 AM Boxing (Joel) 9 AM Aqua Flow in the Cabana Pool (Valerie) 10:15 AM Barre (Ericka) 11:30 AM Core Burn & Deep Stretch (Ericka)
<b>26</b> 9 AM Tennis Live Ball 3.0 <sup>**†</sup> (Pros) 10:15 AM Barre (Ericka) 10:30 AM Tennis Live Ball 4.0 <sup>**†</sup> (Pros) 11:30 AM Core Burn & Deep Stretch (Ericka) 11:30 AM Junior Power Circuit Ages II-14 (Joel)	<b>27</b> 9 AM Aqua Fitness in the Cabana Pool (Andi) 9:15 AM Cardio Weights (Kerry) 4 PM Boxing (Joel)	<b>28</b> 6:45 AM Boot Camp (Joel) 9 AM Tennis Live Ball 3.0 <sup>**†</sup> (Tennis Pros) 9:15 AM Power Yoga (Calie) 10:30 AM Pilates (Denise)	<b>29</b> 8 AM Core Yoga (Maria) 9 AM Aqua Fitness in the Cabana Pool (Andi) 9:15 AM Cardio Weights (Kerry) 10:30 AM Tai Chi (Pinpin) 4 PM Boxing (Joel)	<b>30</b> 8 AM Flow Yoga (Calie) 9 AM Aqua Fitness in the Cabana Pool (Andi) 9:15 AM Circuit Training (Erin) 10:30 AM Gentle Yoga (Katie)		

“You’re the only one that gets to decide what you’re capable of.” —AMBERLEY SNYDER

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