

July 2026
FITNESS & TENNIS SCHEDULE



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
28 9 AM Tennis Live Ball 3.0**\$ (Pros) 9 AM Guided Hike (Joel) 10:15 AM Barre (Ericka) 10:30 AM Tennis Live Ball 4.0**\$ (Pros) 11:30 AM Core Burn & Deep Stretch (Ericka)	29 7:45 AM Yoga Sculpt (Valerie) 9 AM Aqua Flow in the Cabana Pool (Valerie) 9:15 AM Cardio Weights (Kerry) 10:30 AM Barre (Ericka)	30 6:45 AM Boot Camp (Joel) 9 AM Tennis Live Ball 3.0**\$ (Tennis Pros) 9:30 AM Yoga Flow (Shalsei) 10:30 AM Pilates (Susan)	1 8 AM Meditation and Movement (Suzanne) 9:15 AM Cardio Weights (Kerry) 10:30 AM Tai Chi (Pinpin) 4 PM Boxing (Joel)	2 9 AM Aqua Fitness in the Cabana Pool (Andi) 9:15 AM Circuit Training (Suzanne) 10:30 AM Gentle Yoga (Katie)	3 6:45 AM Boot Camp (Joel) 9 AM Tennis Live Ball 3.0**\$ (Pros) 9:15 AM Pilates (Denise)	4 INDEPENDENCE DAY 7:30 AM Boxing (Joel) 6-9:30 AM Lap Swimming 9:30-11:30 AM All Pools Closed 11:30 AM - 5:30 PM Summer Splash^{s †}
5 8 AM Circuit Training (Joel) 9 AM Tennis Live Ball 3.0**\$ (Pros) 10:15 AM Functional Fitness (Joel) 10:30 AM Tennis Live Ball 4.0**\$ (Pros)	6 7:45 AM Yoga Sculpt (Valerie) 9 AM Aqua Flow in the Cabana Pool (Valerie) 9:15 AM Cardio Weights (Kerry) 10:30 AM Barre (Ericka) 4 PM Boxing (Joel)	7 6:45 AM Boot Camp (Joel) 9 AM Tennis Live Ball 3.0**\$ (Tennis Pros) 9:15 AM Yoga Flow (Shalsei) 10:30 AM Pilates (Susan)	8 8 AM Core Yoga (Maria) 9:15 AM Cardio Weights (Kerry) 10:30 AM Tai Chi (Pinpin) 4 PM Boxing (Joel)	9 9 AM Aqua Fitness in the Cabana Pool (Andi) 9:15 AM Circuit Training (Erin) 10:30 AM Gentle Yoga (Katie)	10 6:45 AM Boot Camp (Joel) 8 AM Mobility and Stretch (Denise) 9 AM Tennis Live Ball 3.0**\$ (Tennis Pros) 9:15 AM Pilates (Denise)	11 7:30 AM Boxing (Joel) 9 AM Aqua Fitness in the Cabana Pool (Andi) 10:15 AM Barre (Ericka) 11:30 AM Core Burn and Deep Stretch (Ericka)
12 8 AM Circuit Training (Joel) 9 AM Tennis Live Ball 3.0**\$ (Pros) 10:15 AM Barre (Ericka) 10:30 AM Tennis Live Ball 4.0**\$ (Pros) 11:30 AM Core Burn and Deep Stretch (Ericka)	13 9 AM Aqua Fitness in the Cabana Pool (Andi) 9:15 AM Cardio Weights (Kerry) 10:30 AM Barre (Ericka) 4 PM Boxing (Joel)	14 6:45 AM Boot Camp (Joel) 9 AM Tennis Live Ball 3.0**\$ (Tennis Pros) 10:30 AM Pilates (Susan)	15 8 AM Core Yoga (Maria) 9:15 AM Cardio Weight (Kerry) 10:30 AM Tai Chi (Pinpin) 4 PM Boxing (Joel)	16 9 AM Aqua Fitness in the Cabana Pool (Andi) 9:15 AM Circuit Training (Erin) 10:30 AM Gentle Yoga (Katie)	17 6:45 AM Boot Camp (Joel) 9 AM Tennis Live Ball 3.0**\$ (Tennis Pros) 9:15 AM Pilates (Susan)	18 7:30 AM Boxing (Joel) 9 AM Aqua Fitness in the Cabana Pool (Andi) 10:15 AM Barre (Ericka) 11:30 AM Core Burn and Deep Stretch (Ericka)
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“It never gets easier, you just get stronger.” —UNKNOWN

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