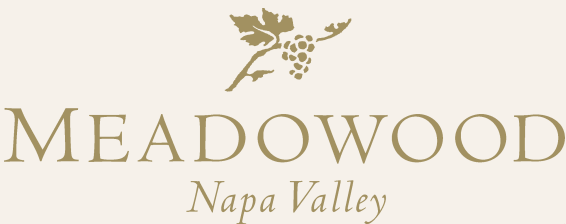


August 2026

FITNESS & TENNIS SCHEDULE



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
26 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)	27 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)	28 9 AM Tennis Live Ball 3.0^{*†\$} (Pros) 9:15 AM Mobility and Stretch (Denise) 10:30 AM Pilates (Susan)	29 8 AM Core Yoga (Maria) 9:15 AM Cardio Weights (Kerry) 10:30 AM Tai Chi (Pinpin)	30 8 AM Guided Hike (Pinpin) 9:15 AM Circuit Training (Erin) 10:30 AM Gentle Yoga (Katie)	31 6:45 AM Boot Camp (Joel) 9 AM Tennis Live Ball 3.0^{*†\$} (Pros) 9:15 AM Pilates (Denise)	1 8 AM Boxing (Joel) 9 AM Aqua Fitness in the Cabana Pool (Andi) 9 AM Tennis Live Ball 3.5^{*†\$} (Pros) 10:15 AM Barre (Ericka) 11:30 AM Core Burn and Deep Stretch (Ericka)
2 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)	3 7:45 AM Yoga Sculpt (Valerie) 9 AM Aqua Flow in the Cabana Pool (Valerie) 9 AM Tennis Live Ball 3.5^{*†\$} (Pros) 9:15 AM Cardio Weights (Kerry) 10:30 AM Barre (Ericka) 4 PM Boxing (Joel)	4 6:45 AM Boot Camp (Joel) 9 AM Tennis Live Ball 3.0^{*†\$} (Pros) 9:15 AM Yoga Flow (Shalsei) 10:30 AM Pilates (Susan)	5 8 AM Core Yoga (Maria) 9 AM Tennis Live Ball 3.5^{*†\$} (Pros) 9:15 AM Cardio Weights (Kerry) 10:30 AM Tai Chi (Pinpin) 4 PM Boxing (Joel)	6 9 AM Aqua Fitness in the Cabana Pool (Andi) 9 AM Tennis Drills Clinic^{*†\$} (Pros) 9:15 AM Full Body Sculpt (Lily) 10:30 AM Gentle Yoga (Katie)	7 6:45 AM Boot Camp (Joel) 9 AM Tennis Live Ball 3.0^{*†\$} (Pros) 9:15 AM Pilates (Denise)	8 8 AM Boxing (Joel) 9 AM Aqua Fitness in the Cabana Pool (Andi) 9 AM Tennis Live Ball 3.5^{*†\$} (Pros) 10:15 AM Barre (Ericka) 11:30 AM Core Burn and Deep Stretch (Ericka)
9 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)	10 7:45 AM Pilates Sculpt (Lily) 9 AM Aqua Fitness in the Cabana Pool (Andi) 9 AM Tennis Live Ball 3.5^{*†\$} (Pros) 9:15 AM Cardio Weights (Kerry) 10:30 AM Barre (Ericka) 4 PM Boxing (Joel)	11 6:45 AM Boot Camp (Joel) 9 AM Tennis Live Ball 3.0^{*†\$} (Pros) 9:15 AM Yoga Flow (Shalsei) 10:30 AM Pilates (Susan)	12 8 AM Pilates Sculpt (Lily) 9 AM Tennis Live Ball 3.5^{*†\$} (Pros) 9:15 AM Cardio Weight (Kerry) 10:30 AM Tai Chi (Pinpin) 4 PM Boxing (Joel)	13 9 AM Aqua Fitness in the Cabana Pool (Andi) 9 AM Tennis Drills Clinic^{*†\$} (Pros) 9:15 AM Full Body Sculpt (Lily) 10:30 AM Gentle Yoga (Katie)	14 6:45 AM Boot Camp (Joel) 9 AM Tennis Live Ball 3.0^{*†\$} (Pros) 9:15 AM Pilates (Denise)	15 8 AM Boxing (Joel) 9 AM Aqua Fitness: Cabana Pool (Andi) 8:30 AM Round-Robin Tennis Tournament 3.0^{*†\$} (3 hrs.) 8:30 AM Round-Robin Tennis Tournament 3.5^{*†\$} (3 hrs.) 10 AM Hike (Joel)
16 8 AM Circuit Training (Joel) 8:30 AM Round-Robin Tennis Tournament 4.0^{*†\$} (3 hrs.) 10:15 AM Barre (Lily) 11:30 AM Core Burn and Deep Stretch (Lily)	17 7:45 AM Pilates Sculpt (Lily) 9 AM Aqua Fitness in the Cabana Pool (Andi) 9 AM Tennis Live Ball 3.5^{*†\$} (Pros) 9:15 AM Cardio Weights (Kerry) 10:30 AM Barre (Ericka) 4 PM Boxing (Joel)	18 6:45 AM Boot Camp (Joel) 9 AM Tennis Live Ball 3.0^{*†\$} (Pros) 9:15 AM Yoga Flow (Shalsei) 10:30 AM Pilates (Lily)	19 8 AM Core Yoga (Maria) 9 AM Tennis Live Ball 3.5^{*†\$} (Pros) 9:15 AM Cardio Weights (Kerry) 10:30 AM Tai Chi (Pinpin) 4 PM Boxing (Joel)	20 9 AM Tennis Drills Clinic^{*†\$} (Pros) 9:15 AM Full Body Sculpt (Lily) 10:30 AM Gentle Yoga (Katie)	21 6:45 AM Boot Camp (Joel) 9 AM Tennis Live Ball 3.0^{*†\$} (Pros) 9:15 AM Pilates (Denise) 10:30 AM Partner Stretch (Kerry and Maria)	22 8 AM Boxing (Joel) 9 AM Tennis Live Ball 3.5^{*†\$} (Pros) 10 AM Hike (Joel) 10:15 AM Barre (Ericka) 11:30 AM Core Burn and Deep Stretch (Ericka)
23 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)	24 7:45 AM Pilates Sculpt (Lily) 9 AM Tennis Live Ball 3.5^{*†\$} (Pros) 9:15 AM Cardio Weights (Kerry) 10:30 AM Barre (Ericka) 4 PM Boxing (Joel)	25 6:45 AM Boot Camp (Joel) 9 AM Tennis Live Ball 3.0^{*†\$} (Pros) 9:15 AM Yoga Flow (Shalsei) 10:30 AM Pilates (Susan)	26 8 AM Core Yoga (Maria) 9 AM Tennis Live Ball 3.5^{*†\$} (Pros) 9:15 AM Cardio Weights (Kerry) 10:30 AM Tai Chi (Pinpin) 4 PM Boxing (Joel)	27 9 AM Aqua Fitness in the Cabana Pool (Andi) 9 AM Tennis Drills Clinic^{*†\$} (Pros) 9:15 AM Full Body Sculpt (Lily) 10:30 AM Gentle Yoga (Katie)	28 6:45 AM Boot Camp (Joel) 9 AM Tennis Live Ball 3.0^{*†\$} (Pros) 9:15 AM Pilates (Denise)	29 8 AM Boxing (Joel) 9 AM Aqua Fitness in the Cabana Pool (Andi) 9 AM Tennis Live Ball 3.5^{*†\$} (Pros) 10:15 AM Barre (Ericka) 11:30 AM Core Burn and Deep Stretch (Ericka)
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“You miss 100% of the shots you don’t take.” —WAYNE GRETZKY

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