

September 2026
FITNESS & TENNIS SCHEDULE



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
30 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)	31 7:45 AM Yoga Sculpt (Valerie) 9 AM Aqua Fitness 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)	1 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)	2 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)	3 9 AM Tennis Drills Clinic**\$ (Pros) 9:15 AM Full Body Sculpt (Lily) 10:30 AM Gentle Yoga (Katie)	4 6:45 AM Boot Camp (Lily) 9 AM Tennis Live Ball 3.0**\$ (Pros) 9:15 AM Pilates (Denise)	5 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)
6 8 AM Circuit Training (Lily) 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)	7 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)	8 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)	9 8 AM Core Yoga (Maria) 9 AM Tennis Live Ball 3.5**\$ (Pros) 9:15 AM Cardio Weights (Lily) 10:30 AM Tai Chi (Pinpin) 4 PM Boxing (Joel)	10 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)	11 6:45 AM Boot Camp (Joel) 9 AM Tennis Live Ball 3.0**\$ (Pros) 9:15 AM Pilates (Denise)	12 8 AM Boxing (Joel) 8:30 AM Round-Robin Tennis Tournament 3.0**\$ (3 hrs.) 8:30 AM Round-Robin Tennis Tournament 3.5**\$ (3 hrs.) 9 AM Aqua Fitness: Cabana Pool (Andi) 10:15 AM Functional Fitness (Joel)
13 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)	14 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)	15 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)	16 8 AM Core Yoga (Maria) 9 AM Tennis Live Ball 3.5**\$ (Pros) 9:15 AM Cardio Weights (Kerry) 10:30 AM Movement and Meditation (Suzanne) 4 PM Boxing (Joel)	17 9 AM Tennis Drills Clinic**\$ (Pros) 9:15 AM Full Body Sculpt (Lily) 10:30 AM Gentle Yoga (Katie)	18 6:45 AM Boot Camp (Joel) 9 AM Tennis Live Ball 3.0**\$ (Pros) 9:15 AM Pilates (Lily)	19 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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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 want to live a happy life, tie it to a goal, not to people or things.” —ALBERT EINSTEIN