

October 2026
FITNESS & TENNIS SCHEDULE



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
27 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)	28 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)	29 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)	30 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)	1 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)	2 8 AM Boot Camp (Joel) 9 AM Tennis Live Ball 3.0**\$ (Pros) 9:15 AM Pilates (Denise) Studio closed for private classes from 6:30 – 8 AM	3 8 AM Boxing (Joel) 9 AM Aqua Fitness: Cabana Pool (Andi) 9 AM Tennis Live Ball 3.5**\$ (Pros) 10:15 AM Barre (Ericka) 11:30 AM Core Burn/Deep Stretch (Ericka) Studio closed for private classes from 6:30 – 8 AM
4 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)	5 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)	6 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)	7 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)	8 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 (Susan)	9 6:45 AM Boot Camp (Joel) 9 AM Tennis Live Ball 3.0**\$ (Pros) 9:15 AM Pilates (Denise)	10 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 Barre (Ericka) 11:30 AM Core Burn/Deep Stretch (Ericka)
11 8 AM Circuit Training (Joel) 8:30 AM Round-Robin Tennis Tournament 4.0**\$ (3 hrs.) 10:15 AM Barre (Ericka) 11:30 AM Core Burn and Deep Stretch (Ericka)	12 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)	13 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)	14 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)	15 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)	16 6:45 AM Boot Camp (Joel) 9 AM Tennis Live Ball 3.0**\$ (Pros) 9:15 AM Pilates (Susan)	17 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)
18 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)	19 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)	20 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)	21 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)	22 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)	23 6:45 AM Boot Camp (Joel) 9 AM Tennis Live Ball 3.0**\$ (Pros) 9:15 AM Pilates (Lily)	24 8 AM Boxing (Joel) 9 AM Tennis Live Ball 3.5**\$ (Pros) 10:15 AM Barre (Ericka) 11:30 AM Core Burn and Deep Stretch (Ericka)
25 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)	26 7:45 AM Yoga Sculpt (Valerie) 9 AM Aqua Flow: 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) 5 PM Full Moon Meditation (Suzanne)	27 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)	28 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)	29 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)	30 6:45 AM Boot Camp (Joel) 9 AM Tennis Live Ball 3.0**\$ (Pros) 9:15 AM Pilates (Denise)	31 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)

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

“The most difficult thing is the decision to act. The rest is merely tenacity.” —AMELIA EARHART