



HEALTH & FITNESS CENTER

racquet park

NOVEMBER FITNESS SCHEDULE

Monday-Friday 6 a.m.-6 p.m. | Saturday & Sunday 7 a.m.-6 p.m. | Classes \$15 for guests & \$12 for members

Please note: The pool is closed daily from 8:30-10:30 a.m. for water aerobics and cleaning. Family swim is 12 p.m. to close daily. For information on personal training packages, please ask a fitness attendant or call (904) 277-5193.

THANKSGIVING DAY HOURS: 7 A.M.-2 P.M.

Most classes meet at the Racquet Park Fitness Center. All beach classes meet at the Pool Deck Activity Hut.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
2 7:30am Body Tone Instructor: Viviana 9am Yoga Instructor: Bridgette	3 8am Circuit Training Instructor: Viviana	4 7:30am Body Tone Instructor: Viviana 9am Yoga Instructor: Viviana	5 8am Circuit Training Instructor: Viviana 9am Pilates Instructor: Viviana	6 7:30am Body Tone Instructor: Viviana 9am Yoga Instructor: Viviana	7 8am Circuit Training Instructor: Viviana 9am Yoga Instructor: Viviana
9 7:30am Body Tone Instructor: Viviana 9am Yoga Instructor: Bridgette	10	11 9am Yoga Instructor: Jackie	12	13 7:30am Body Tone Instructor: Viviana 9am Yoga Instructor: Viviana	14 8am Circuit Training Instructor: Viviana 9am Yoga Instructor: Viviana
16 7:30am Body Tone Instructor: Viviana 9am Yoga Instructor: Bridgette	17 8am Circuit Training Instructor: Viviana	18 7:30am Body Tone Instructor: Viviana 9am Yoga Instructor: Viviana	19 8am Circuit Training Instructor: Viviana 9am Pilates Instructor: Viviana	20 7:30am Body Tone Instructor: Viviana 9am Yoga Instructor: Viviana	21 8am Circuit Training Instructor: Viviana 9am Yoga Instructor: Viviana
23 7:30am Body Tone Instructor: Viviana 9am Yoga Instructor: Bridgette	24 8am Circuit Training Instructor: Viviana	25 7:30am Body Tone Instructor: Viviana 9am Yoga Instructor: Viviana	26 8am Circuit Training Instructor: Viviana 9am Pilates Instructor: Viviana HAPPY THANKSGIVING	27 7:30am Body Tone Instructor: Viviana 9am Yoga Instructor: Viviana	28 8am Circuit Training Instructor: Viviana 9am Yoga Instructor: Viviana
30 7:30am Body Tone Instructor: Viviana 9am Yoga Instructor: Bridgette					

BODY TONE | 55 MINUTES

This intense strength and endurance workout focuses on strength and conditioning of the whole body. You will mix resistaballs, dumbbells and all the elements you love about group exercise to make this early morning class a favorite.

CIRCUIT TRAINING/HIIT | 45 MINUTES

Circuit Training is a form of body conditioning or resistance training using high-intensity interval training. It targets strength building and muscular endurance. A "circuit" is one completion of all prescribed exercises in the program.

PILATES® | 55 MINUTES

Dramatically transform the way your body looks, feels and performs. Pilates builds strength without excess bulk, creating a sleek, toned body with slender thighs and a flat abdomen.

YOGA | 45 MINUTES

Using slow movements and stretching, yoga is good for increasing flexibility and balance as well as relieving stress.

