

JULY SCHEDULE



HEALTH & FITNESS CENTER
racquet park

- Monday–Thursday 6 a.m.–7 p.m. & Friday–Sunday 6 a.m. –6 p.m.
- Pool closed daily 10 – 10:30 a.m. for cleaning and closed 8:30–10 a.m. on days that our Aqua Tone Class is offered
- Family swim is 12 p.m. to close daily

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 8 a.m. Body Tone Instructor: Viviana 8:30 a.m. Aqua Fit Instructor: Audrey 9:15 a.m. Yoga Instructor: Pauline 10:30 a.m. Fusion Spin Instructor: Pauline	2 8 a.m. Circuit Training Instructor: Viviana 8:30 a.m. Aqua Fit Instructor: Julie Z. 9:15 a.m. Mat Sculpt Instructor: Viviana 11 a.m. Beginner Strength Instructor: Macy 12 p.m. Healing Stretch Instructor: Macy	3 8 a.m. Body Tone Instructor: Priscilla 8:30 a.m. Aqua Tone & Restore Instructor: Julie O. 9:15 a.m. Yoga Instructor: Pauline	4 8 a.m. Firecracker 5K 8 a.m. Beach Yoga Instructor: Pauline
6 8 a.m. Body Tone Instructor: Viviana 8:30 a.m. Aqua Fit Instructor: Audrey 9:15 a.m. Fusion Spin Instructor: Pauline 12 p.m. Healing Stretch Instructor: Macy	7 7:15 a.m. Game Ready Instructor: Tanesha 8 a.m. Circuit Training Instructor: Tanesha 8:30 a.m. Aqua Tone & Restore Instructor: Julie O. 9:15 a.m. Gentle Yoga Instructor: Pauline	8 8 a.m. Body Tone Instructor: Viviana 8:30 a.m. Aqua Fit Instructor: Audrey 9:15 a.m. Yoga Instructor: Pauline 10:30 a.m. Fusion Spin Instructor: Pauline	9 8 a.m. Circuit Training Instructor: Viviana 8:30 a.m. Aqua Fit Instructor: Julie Z. 9:15 a.m. Mat Sculpt Instructor: Viviana 11 a.m. Beginner Strength Instructor: Macy 12 p.m. Healing Stretch Instructor: Macy	10 7:15 a.m. Game Ready Instructor: Tanesha 8 a.m. Body Tone Instructor: Tanesha 8:30 a.m. Aqua Tone & Restore Instructor: Julie O. 9:15 a.m. Yoga Instructor: Viviana	11 8 a.m. Circuit Training Instructor: Tanesha 8:30 a.m. Aqua Fit Instructor: Audrey
13 8 a.m. Body Tone Instructor: Viviana 8:30 a.m. Aqua Fit Instructor: Audrey 9:15 a.m. Fusion Spin Instructor: Viviana 12 p.m. Healing Stretch Instructor: Macy	14 7:15 a.m. Game Ready Instructor: Tanesha 8 a.m. Circuit Training Instructor: Tanesha 8:30 a.m. Aqua Tone & Restore Instructor: Julie O. 9:15 a.m. Gentle Yoga Instructor: Viviana	15 8 a.m. Body Tone Instructor: Viviana 8:30 a.m. Aqua Fit Instructor: Audrey 9:15 a.m. Yoga Instructor: Viviana	16 8 a.m. Circuit Training Instructor: Viviana 8:30 a.m. Aqua Fit Instructor: Julie Z. 9:15 a.m. Mat Sculpt Instructor: Viviana 11 a.m. Beginner Strength Instructor: Macy 12 p.m. Healing Stretch Instructor: Macy	17 7:15 a.m. Game Ready Instructor: Tanesha 8 a.m. Body Tone Instructor: Tanesha 8:30 a.m. Aqua Tone & Restore Instructor: Julie O. 9:15 a.m. Yoga Instructor: Viviana	18 8 a.m. Circuit Training Instructor: Viviana 8:30 a.m. Aqua Fit Instructor: Audrey
20 8 a.m. Body Tone Instructor: Viviana 8:30 a.m. Aqua Fit Instructor: Audrey 9:15 a.m. Fusion Spin Instructor: Viviana 12 p.m. Healing Stretch Instructor: Macy	21 7:15 a.m. Game Ready Instructor: Tanesha 8 a.m. Circuit Training Instructor: Tanesha 8:30 a.m. Aqua Tone & Restore Instructor: Julie O. 9:15 a.m. Gentle Yoga Instructor: Viviana	22 8 a.m. Body Tone Instructor: Viviana 8:30 a.m. Aqua Fit Instructor: Audrey 9:15 a.m. Yoga Instructor: Pauline 10:30 a.m. Fusion Spin Instructor: Pauline	23 8 a.m. Circuit Training Instructor: Viviana 8:30 a.m. Aqua Fit Instructor: Julie Z. 9:15 a.m. Mat Sculpt Instructor: Pauline 11 a.m. Beginner Strength Instructor: Macy 12 p.m. Healing Stretch Instructor: Macy	24 7:15 a.m. Game Ready Instructor: Tanesha 8 a.m. Body Tone Instructor: Tanesha 8:30 a.m. Aqua Tone & Restore Instructor: Julie O. 9:15 a.m. Yoga Instructor: Viviana	25 8 a.m. Circuit Training Instructor: Tanesha 8:30 a.m. Aqua Fit Instructor: Audrey
27 8 a.m. Mat Sculpt Instructor: Pauline 8:30 a.m. Aqua Fit Instructor: Audrey 9:15 a.m. Fusion Spin Instructor: Pauline 12 p.m. Healing Stretch Instructor: Pauline	28 8 a.m. Circuit Training Instructor: Tanesha 8:30 a.m. Aqua Tone & Restore Instructor: Julie O. 9:15 a.m. Gentle Yoga Instructor: Pauline	29 8 a.m. Body Tone Instructor: Tanesha 8:30 a.m. Aqua Fit Instructor: Audrey 9:15 a.m. Yoga Instructor: Pauline 10:30 a.m. Fusion Spin Instructor: Pauline	30 8 a.m. Circuit Training Instructor: Tanesha 8:30 a.m. Aqua Fit Instructor: Julie Z. 9:15 a.m. Mat Sculpt Instructor: Pauline 11 a.m. Beginner Strength Instructor: Macy 12 p.m. Healing Stretch Instructor: Macy	31 8 a.m. Body Tone Instructor: Tanesha 8:30 a.m. Aqua Tone & Restore Instructor: Julie O. 9:15 a.m. Yoga Instructor: Pauline	

Aqua Fit 50 Min \$20/Guest & \$16/Member High-energy, low-impact water workout for cardio and strength Aqua Tone 50 Min \$20/Guest & \$16/Member Gentle water workout with light cardio, resistance, and stretching. Beginner Strength 50 Min \$20/Guest & \$16/Member Intro to strength training focused on posture and core. Body Tone 50 Min \$20/Guest & \$16/Member Full-body toning with dumbbells and bodyweight exercises. Circuit Training 45 Min \$20/Guest & \$16/Member Fast-paced circuit workout to build strength and endurance. Fusion Spin 50 Min \$20/Guest & \$16/Member Cycling class with core and weight work, set to upbeat music.	Game Ready 30 Min \$20/Guest & \$16/Member Blend strength, agility, and high-energy conditioning to help you move faster, jump higher, and compete longer. Gentle Yoga 50 Min \$20/Guest & \$16/Member Focuses on foundational poses to improve balance, flexibility, back health, and core strength. Healing Stretch 50 Min \$20/Guest & \$16/Member Gentle stretching and mobility to support recovery. Mat Sculpt 50 Min \$20/Guest & \$16/Member Pilates-inspired mat exercises focusing on strength, core stability and posture. Yoga 50 Min \$20/Guest & \$16/Member All-levels flow connecting breath, movement, and mindfulness.
---	--