

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>1</b> 7:30 a.m.   Body Tone Instructor: Priscilla 8:30 a.m.   Aqua Fit Instructor: Audrey 8:45 a.m.   Fusion Spin Instructor: Priscilla 12 p.m.   Healing Stretch Instructor: Macy	<b>2</b> 8 a.m.   Circuit Training Instructor: Priscilla 8:30 a.m.   Aqua Fit Instructor: Julie Z. 9:15 a.m.   Pilates Instructor: Cassie	<b>3</b> 7:30 a.m.   Body Tone Instructor: Tanesha 8:30 a.m.   Aqua Tone & Restore Instructor: Julie O. 9:15 a.m.   Yoga Instructor: Cassie	<b>4</b> 8 a.m.   Circuit Training Instructor: Priscilla 8:30 a.m.   Aqua Fit Instructor: Julie Z. 9:15 a.m.   Pilates Instructor: Cassie 11 a.m.   Beginner Strength Instructor: Macy 12 p.m.   Healing Stretch Instructor: Macy	<b>5</b> 7:30 a.m.   Body Tone Instructor: Tanesha 8:30 a.m.   Aqua Tone & Restore Instructor: Julie O. 9:15 a.m.   Yoga Instructor: Cassie	<b>6</b> 8 a.m.   Circuit Training Instructor: Priscilla 8:30 a.m.   Aqua Fit Instructor: Audrey
<b>8</b> 7:30 a.m.   Body Tone Instructor: Priscilla 8:30 a.m.   Aqua Fit Instructor: Audrey 8:45 a.m.   Fusion Spin Instructor: Priscilla 12 p.m.   Healing Stretch Instructor: Macy	<b>9</b> 8 a.m.   Circuit Training Instructor: Priscilla 8:30 a.m.   Aqua Fit Instructor: Julie Z. 9:15 a.m.   Pilates Instructor: Cassie	<b>10</b> 7:30 a.m.   Body Tone Instructor: Tanesha 8:30 a.m.   Aqua Tone & Restore Instructor: Julie O. 9:15 a.m.   Yoga Instructor: Cassie	<b>11</b> 8 a.m.   Circuit Training Instructor: Priscilla 8:30 a.m.   Aqua Fit Instructor: Julie Z. 9:15 a.m.   Pilates Instructor: Cassie 11 a.m.   Beginner Strength Instructor: Macy 12 p.m.   Healing Stretch Instructor: Macy	<b>12</b> 7:30 a.m.   Body Tone Instructor: Tanesha 8:30 a.m.   Aqua Tone & Restore Instructor: Julie O. 9:15 a.m.   Yoga Instructor: Cassie	<b>13</b> 8 a.m.   Circuit Training Instructor: Priscilla 8:30 a.m.   Aqua Fit Instructor: Audrey
<b>15</b> 7:30 a.m.   Body Tone Instructor: Priscilla 8:30 a.m.   Aqua Fit Instructor: Audrey 8:45 a.m.   Fusion Spin Instructor: Priscilla 12 p.m.   Healing Stretch Instructor: Macy	<b>16</b> 8 a.m.   Circuit Training Instructor: Priscilla 8:30 a.m.   Aqua Fit Instructor: Julie Z. 9:15 a.m.   Pilates Instructor: Cassie	<b>17</b> 7:30 a.m.   Body Tone Instructor: Tanesha 8:30 a.m.   Aqua Tone & Restore Instructor: Julie O. 9:15 a.m.   Yoga Instructor: Cassie	<b>18</b> 8 a.m.   Circuit Training Instructor: Priscilla 8:30 a.m.   Aqua Fit Instructor: Julie Z. 9:15 a.m.   Pilates Instructor: Cassie 11 a.m.   Beginner Strength Instructor: Macy 12 p.m.   Healing Stretch Instructor: Macy	<b>19</b> 7:30 a.m.   Body Tone Instructor: Tanesha 8:30 a.m.   Aqua Tone & Restore Instructor: Julie O. 9:15 a.m.   Yoga Instructor: Cassie	<b>20</b> 8 a.m.   Circuit Training Instructor: Priscilla 8:30 a.m.   Aqua Fit Instructor: Audrey
<b>22</b> 7:30 a.m.   Body Tone Instructor: Priscilla 8:30 a.m.   Aqua Fit Instructor: Audrey 8:45 a.m.   Fusion Spin Instructor: Priscilla 12 p.m.   Healing Stretch Instructor: Macy	<b>23</b> 8 a.m.   Circuit Training Instructor: Priscilla 8:30 a.m.   Aqua Fit Instructor: Julie Z. 9:15 a.m.   Pilates Instructor: Cassie	<b>24</b> 7:30 a.m.   Body Tone Instructor: Tanesha 8:30 a.m.   Aqua Tone & Restore Instructor: Julie O. 9:15 a.m.   Yoga Instructor: Cassie	<b>25</b> 8 a.m.   Circuit Training Instructor: Priscilla 8:30 a.m.   Aqua Fit Instructor: Julie Z. 9:15 a.m.   Pilates Instructor: Cassie 11 a.m.   Beginner Strength Instructor: Macy 12 p.m.   Healing Stretch Instructor: Macy	<b>26</b> 7:30 a.m.   Body Tone Instructor: Tanesha 8:30 a.m.   Aqua Tone & Restore Instructor: Julie O. 9:15 a.m.   Yoga Instructor: Cassie	<b>27</b> 8 a.m.   Beach Yoga Instructor: Cassie 8 a.m.   Circuit Training Instructor: Priscilla 8:30 a.m.   Aqua Fit Instructor: Audrey
<b>29</b> 8:30 a.m.   Aqua Fit Instructor: Audrey	<b>30</b> 8 a.m.   Circuit Training Instructor: Priscilla 8:30 a.m.   Aqua Fit Instructor: Julie Z. 9:15 a.m.   Pilates Instructor: Cassie	<b>31</b> 7:30 a.m.   Body Tone Instructor: Tanesha 8:30 a.m.   Aqua Tone & Restore Instructor: Julie O. 9:15 a.m.   Yoga Instructor: Cassie			

# MAY FITNESS CLASSES



## HEALTH & FITNESS CENTER racquet park

- > Monday-Thursday 6 a.m.-7 p.m. | Friday-Sunday 6 a.m.-6 p.m.
- > Classes \$20/guest & \$16/member
- > Pool closed daily 10-10:30 a.m. for cleaning and closed from 8:30-10 a.m. on days that our Aqua Tone Class is offered. Family swim is 12 p.m. to close daily. For information on personal training, please ask a fitness attendant or call (904) 277-5193.

### AQUA FIT | 50 MINUTES

This high energy, low impact class focuses on cardiovascular endurance and muscular strength.

### AQUA TONE | 50 MINUTES

This multi-level workout is easy on the joints, while providing the benefits of a light-to-mid intensity cardiovascular water workout.

### BEGINNER STRENGTH | 50 MINUTES

Beginner strength training focusing on postural imbalances using various equipment to strengthen core and standing muscle groups.

### BODY TONE | 50 MINUTES

This intense strength and endurance workout focuses on strengthening and conditioning the whole body. Mixing resistaballs, dumbbells and all the elements of group exercise makes this class an early morning 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.

### FUSION SPIN | 50 MINUTES

This indoor-cycling class provides a fun cardiovascular workout for all fitness levels. Set to heart pumping music, you will burn calories while improving strength and endurance. This class combines cycling with dumbbells and core work. Please bring water and wear closed toe athletic or cycling shoes.

### HEALING STRETCH | 50 MINUTES

This class provides gentle stretching with mobility exercises to assist in injury recovery.

### PILATES® | 50 MINUTES

This traditional Pilates mat class follows the classical Joseph Pilates methodology focusing on the core and the breath to lengthen and tone the legs, abs and back. It is suitable for all levels.

### YOGA | 50 MINUTES

This is an all-levels flowing yoga practice that is suitable for everyBODY. Connecting breath with intentional movement and mindfulness, you will leave inspired, rejuvenated and refreshed.