

# PLANNING FOR THE WEEK

## MONDAY

8:15am	BODY SCULPT	Sports Complex
9:30am	AQUA FIT	Indoor Pool
9:45am	GENTLE YOGA	Sports Complex
11:15am	INTRODUCTION TO GOLF	Golf Course
7pm	LIVE ENTERTAINMENT	The Great Hall

## TUESDAY

8:15am	CYCLE	Sports Complex
9am	ADVANCED ADULT TENNIS	Tennis Courts
9:45am	FLOW YOGA	Sports Complex
10:30am	BEGINNER ADULT TENNIS	Tennis Courts
11:15am	INTRODUCTION TO GOLF	Golf Course
7pm	LIVE ENTERTAINMENT	The Great Hall

## WEDNESDAY

8:15am	BODY SCULPT	Sports Complex
9:30am	AQUA FIT	Indoor Pool
9:45am	CLASSICAL YOGA	Sports Complex
11:15am	INTRODUCTION TO GOLF	Golf Course
7pm	LIVE ENTERTAINMENT	The Great Hall

## THURSDAY

8:15am	CYCLE	Sports Complex
9am	ADVANCED ADULT TENNIS	Tennis Courts
9:45am	FLOW YOGA	Sports Complex
10:30am	BEGINNER ADULT TENNIS	Tennis Courts
11:15am	INTRODUCTION TO GOLF	Golf Course
7pm	LIVE ENTERTAINMENT	The Great Hall

## FRIDAY

8:15am	BODY SCULPT	Sports Complex
9:30am	AQUA FIT	Indoor Pool
9:45am	GENTLE YOGA	Sports Complex
11:15am	INTRODUCTION TO GOLF	Golf Course
4:30-9pm	SEAFOOD BUFFET	Blue Ridge
7pm	LIVE ENTERTAINMENT	The Great Hall

## SATURDAY

8:30am	BODY SCULPT	Sports Complex
9am	ADVANCED ADULT TENNIS	Tennis Courts
10am	CLASSICAL YOGA	Sports Complex
11:15am	INTRODUCTION TO GOLF	Golf Course
4:30-9pm	PRIME RIB BUFFET	Blue Ridge
7pm	LIVE ENTERTAINMENT	The Great Hall

## SUNDAY

9:45am	FLOW YOGA	Sports Complex
11:15am	INTRODUCTION TO GOLF	Golf Course
12-2:30pm	SUNDAY CHAMPAGNE BRUNCH	Blue Ridge
7pm	LIVE ENTERTAINMENT	The Great Hall

## AQUA FIT §

The water becomes the optimal gym environment. The resistance and buoyancy of the water will leave you refreshed and energized. Held at our Indoor Pool. **60 mins.**

## BODY SCULPT §

Total body muscle strengthening using dumbbells, resistance bands and balls. Great for beginners or conditioned athletes. **60 mins.**

## CLASSICAL YOGA §

This style of yoga is based on the Sivananda lineage, which incorporates mindful breathing and relaxation with stretching, sun salutations, and classical yoga postures. All levels are welcome. **90 mins.**

## CYCLE §

An innovative cardiovascular training program with emphasis on heart rate zone training to help individuals achieve their fitness goals. *Heart rate monitors recommended. Water required.* **60 mins.**

## FLOW YOGA §

Focus on alignment with the breath as you move in and out of a flow of postures. *Some experience is helpful.* **90 mins.**

## GENTLE YOGA §

Restorative, progressive stretching and strengthening that helps eliminate chronic pain and tension. This is a safe class for all abilities. **60 mins.**

## INTRODUCTION TO GOLF R

Let our golf professionals open the world of golf to you. This introduction to the game of golf is a clinic that covers basic rules, etiquette and the PGAs of golf (posture, grip and alignment). Clubs will be provided. Proper golf attire is required. *Please call 24 hours in advance to sign up at EXT. 1034 weather permitting.*

## TENNIS R §

**ADVANCED TENNIS CLINIC |** Qualified players will enjoy aggressive play with competitive drills. Levels 4.0 and up. **90 mins.**

**BEGINNER ADULT CLINIC |** Focus on the fundamentals of stroke production and doubles tennis. Levels 2.5 and up. **90 mins.**

*Personal Fitness Classes will be limited in size to maintain social distancing. Masks will be required, with the exception of Aqua Fit. Advance reservations are recommended. We will take reservations 48 hours in advance. Guests will need to call 12 hours in advance to cancel their reservation, in order to avoid being charged for the class. EXT. 1046*

## SPORTS COMPLEX HOURS

Mon-Sat, 6am - 10pm | Sun, 7am - 10pm  
Closed daily from 12:30 PM - 1:00 PM for cleaning  
Indoor pool closes daily at 9:30pm

