

DAILY ACTIVITIES | MARCH 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>RESORT ACTIVITIES EXT. 29</p> <p>9am-2pm Kidtopia Kids Club • PV/RR</p> <p>GOLF TENNIS *RESERVATIONS REQUIRED</p> <p>9-10am Adult Tennis Drill • \$30</p> <p>10-11am Adult Tennis Drill • \$30</p> <p>2-3pm Adult Tennis Drill • \$30</p> <p>2:30pm-Dusk Free Golf for Kids* w/ paying adult</p> <p>3-3:45pm Junior Tennis Class (ages 4-5) • \$25</p> <p>4-6pm Junior Tennis Class (advanced - ages 10+) • \$35</p> <p>ATHLETIC CLUB EXT. 7474</p> <p>6:30-7:20am Plyometric Power @ Main Classroom • \$10</p> <p>7-7:50am Spin @ Spin Room • \$10</p> <p>8-8:50am Vinyasa Flow Yoga @ Main Classroom • \$15</p> <p>9-9:50am Body Sculpt @ Main Classroom • \$15</p> <p>9-9:50am TRX @ Spin Room • \$15</p> <p>10-10:50am Gentle Yoga @ Main Classroom • Free</p> <p>12-12:50am Interval Spin @ Spin Room • \$15</p>	<p>RESORT ACTIVITIES EXT. 29</p> <p>9am-2pm Kidtopia Kids Club • PV/RR</p> <p>GOLF TENNIS *RESERVATIONS REQUIRED</p> <p>9-10am Adult Tennis Drill • \$30</p> <p>10-11am Adult Tennis Drill • \$30</p> <p>1-2pm Cardio Tennis • \$30</p> <p>1:30-2:30pm Beginner Pickleball Clinic • \$25</p> <p>2-3pm Adult Tennis Drill • \$30</p> <p>2:30pm-Dusk Free Golf for Kids* w/ paying adult</p> <p>2:30-5pm Pickleball Open Play • \$5</p> <p>3:30-4:30pm Junior Tennis Class (ages 6-7) • \$25</p> <p>3:30-4:30pm Junior Tennis Class (advanced - ages 14-18) • \$25</p> <p>4-4:45pm Junior Golf Clinic (ages 4-14) • \$35/RR</p> <p>4:30-5:30pm Junior Tennis Class (advanced - ages 8-13) • \$25</p> <p>5:30-7pm Tennis Men's Night • \$25</p> <p>ATHLETIC CLUB EXT. 7474</p> <p>6:30-7:20am Spin @ Spin Room • \$10</p> <p>8-8:50am Gentle Yoga @ Main Classroom • Free</p> <p>9-9:50am Body Sculpt @ Main Classroom • \$15</p> <p>9-9:50am Outdoor Bootcamp Meet @ Athletic Center • \$15</p> <p>9-9:50am TRX @ Spin Room • \$15</p> <p>10:30-11:45am Zumba™ Cardio & Core @ Main Classroom • \$15</p> <p>12-12:50pm Circuit Training @ Main Classroom • \$10</p> <p>5:30-6:30pm Barre Pilates @ Main Classroom • \$10</p>	<p>RESORT ACTIVITIES EXT. 29</p> <p>9am-2pm Kidtopia Kids Club • PV/RR</p> <p>6-10pm Kidtopia Night Camp • PV/RR</p> <p>GOLF TENNIS *RESERVATIONS REQUIRED</p> <p>9-10am Adult Tennis Drill • \$30</p> <p>10-11am Adult Tennis Drill • \$30</p> <p>10-11am Tennis 101 (beginners) • \$30</p> <p>11am-12pm Tennis 201 (advanced beginners to intermediate) • \$30</p> <p>2-3pm Adult Tennis Drill • \$30</p> <p>2:30pm-Dusk Free Golf for Kids* w/ paying adult</p> <p>3:30-4:30pm Junior Tennis Class (ages 4-5) • \$25</p> <p>4-6pm Junior Tennis Class (advanced - ages 10+) • \$40</p> <p>4:30-5:30pm Junior Tennis Class (ages 6-7) • \$25</p> <p>6-7:30pm Intermediate to advanced Adult Tennis Drill • \$45</p> <p>ATHLETIC CLUB EXT. 7474</p> <p>6:30-7:20am Plyometric Power @ Main Classroom • \$10</p> <p>8-8:50am Pilates Yoga Fusion @ Main Classroom • \$10</p> <p>8-8:50am TRX @ Spin Room • \$15</p> <p>9-9:50am Spin @ Spin Room • \$10</p> <p>9-9:50am Body Sculpt @ Main Classroom • \$15</p> <p>10-10:50am Gentle Yoga @ Main Classroom • Free</p> <p>12-12:50pm Interval Spin @ Main Classroom • \$15</p> <p>5:30-6:30pm Vinyasa Flow Yoga @ Main Classroom • \$15</p>	<p>RESORT ACTIVITIES EXT. 29</p> <p>9am-2pm Kidtopia Kids Club • PV/RR</p> <p>6-10pm Kidtopia Night Camp • PV/RR</p> <p>GOLF TENNIS *RESERVATIONS REQUIRED</p> <p>9-10am Adult Tennis Drill • \$30</p> <p>10-11am Adult Tennis Drill • \$30</p> <p>1-2pm Cardio Tennis • \$30</p> <p>1:30-2:30pm Intermediate Pickleball Clinic • \$25</p> <p>2-3pm Adult Tennis Drill • \$30</p> <p>2:30pm-Dusk Free Golf for Kids* w/ paying adult</p> <p>3-3:45pm Junior Tennis Class (ages 4-5) • \$25</p> <p>3-6pm Pickleball Open Play • \$5</p> <p>4-4:45pm Junior Golf Clinic (ages 4-14) • \$30/RR</p> <p>4-6pm Junior Tennis Class (advanced - 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<p>FOR MORE INFORMATION Call the Concierge at Ext. 23.</p> <p>KEY PV = Prices Vary RR = Reservations Required *Golf and tennis activities require advanced reservations.</p> <p>Schedule is subject to change. Must be 12 years or older to attend group classes at Athletic Club. Children must be 48" or taller to ride the two large waterslides and 36" or taller to ride our toddler slide.</p>					<p>SUNDAY</p> <p>ATHLETIC CLUB EXT. 7474</p> <p>9-9:50am Body Sculpt @ Main Classroom • \$15</p> <p>10-10:50am Pilates Yoga Fusion @ Main Classroom • \$10</p> <p>RESORT ACTIVITIES EXT. 29</p> <p>9am-5pm Kidtopia Kids Club • PV/RR</p> <p>GOLF TENNIS *RESERVATIONS REQUIRED</p> <p>9-10am Adult Tennis Drill • \$30</p> <p>10-11am Adult Tennis Drill • \$30</p> <p>2-3pm Adult Tennis Drill • \$30</p> <p>2:30pm-Dusk Free Golf for Kids* w/ paying adult</p>

DAILY ACTIVITIES



FOR MORE INFORMATION
CALL THE CONCIERGE AT EXT. 23.

FITNESS & ATHLETIC CLUB

BODY SCULPT

This class is a great way to define, sculpt, and build lean muscle with a focus on intense isolation exercises.

CARDIO POWER

Tone up and slim down in this high intensity class that will leave you feeling energized all day long.

CIRCUIT TRAINING

Challenge your cardio workouts and strength systems in this high energy, total body conditioning circuit class.

GENTLE YOGA

A relaxing form of yoga that helps relieve stress, increase flexibility and soothe the mind, body and spirit.

INTERVAL SPINNING

A high intensity spin & sculpt combo class for the ultimate workout, rotating between 15 minutes on the bike and 5 minutes of floor work.

MAT PILATES

A class designed to strengthen and stretch your entire body, with a strong focus on core muscles.

SPIN

Shed fat, define muscle, enhance athletic performance, and transform your physique with this powerful class. 30 minutes on the bike and 20 minutes of strength training off the bike.

OUTDOOR BOOTCAMP

This tough full-body class takes you outside to use the resort grounds as your gym. Added modalities offer variety and intensity beyond the staircases and fountain ledges. Don't forget your SPF!

PLYOMETRIC POWER

Fast, powerful movements using your own body weight, this class will challenge your inner athlete.

TRX

Utilize the TRX Suspension Trainer, a workout system that leverages gravity and your bodyweight to perform exercises. You're in control of how much you want to challenge yourself by adjusting your position to add or decrease resistance.

VINYASA FLOW YOGA

An invigorating form of yoga that synchronizes breath with movement in a flow style class.

ZUMBA™ CARDIO & CORE

A high energy, motivating class that incorporates unique moves and is followed by an additional core workout.

ATHLETIC CLUB HOURS

Mon-Fri 5am-9pm | Sat -Sun 6am-9pm

ADULT TENNIS

Reservations req'd, please call (760) 931-7501

CARDIO TENNIS

Cardio Tennis is a fun, sociable group fitness class set on a tennis court and open to all levels. No tennis experience required. Burn up to 600 calories in one hour.

ADULT TENNIS DRILL

These daily clinics focus on the fundamentals of the game and develops stroke techniques, rallying and match play.

PICKLEBALL CLINIC

Pickleball is fast-paced, easy to learn, great exercise and lots of fun for all ages! Join us for our 1-hour clinics and our team will teach you the basics of the game and get you ready to attend our Open Play sessions. Please call Tennis Shop to sign up for all Clinics.

TENNIS 101 & 201

Our Tennis 101 clinics are perfect for beginner adult tennis players to learn the fundamentals of the game and our 201 clinics are for those just returning to the game and looking to brush up

on their skills. These clinics are hosted weekly on Wednesdays and Fridays at 10am (101) and 11am (201).

TENNIS MEN'S NIGHT

Come join us for a night of fun social round robin doubles and singles with other resort guests and club members. Matches will be arranged by the teaching professionals on staff and matches rotated every 30 minutes.

QUEEN OF THE COURT

Come join us for a morning of fun social round robin doubles with other resort guests and club members. Matches are rotated every 30 minutes and you will have the opportunity to play and compete against a variety of different players.

JUNIOR TENNIS

Reservations req'd, please call (760) 931-7501

TENNIS TOTS (AGES 4 & 5)

Participants in the Tots class learn the proper fundamentals for all tennis strokes with an emphasis on FUN! Games are used to help improve skills and learn proper technique. Since games are non-competitive, each class is a positive, low pressure tennis experience.

LITTLE PROS (AGES 6 & 7)

No tennis experience is necessary. Participants learn strokes, footwork, anticipation, and tennis rules. The emphasis is on building rallies, and point playing. A positive attitude, sportsmanship, and proper technique are stressed.

ACES (AGES 8-13)

Participants will focus on correct technique and all round game development. Serving, forehand, backhand, volleys, and overheads are incorporated in point playing scenarios. Participants will develop consistency, and an understanding of court positioning. Students will learn basic strategy, and the importance of correctly evaluating an opponent.

BEGINNER TEEN TENNIS (AGES 14-18)

Our Beginner Teen Tennis class combines tennis technical development, intense physical activity, and a ton of fun into one action-packed 60-minute class. Players enrolled in drills and games that will provide a great workout while inspiring them to learn and love our favorite game.

GOLF

Reservations req'd, please call (760) 931-7595

JUNIOR GOLF CLINICS (AGES 4-14)

Junior Clinics focus on the fundamentals of the game including grip, stance, ball position, posture, alignment and etiquette. This clinic is perfect for beginners looking to learn the basics or for intermediate golfers looking for a refreshment course and to build on the skills they already have. Clinics are taught on the driving range, putting green or short game area and are kept at a small 6:1 ratio so make sure to call and reserve a spot at least 24 hours in advance.

FREE GOLF FOR KIDS (AGES 15 & UNDER)

One complimentary kid tee time per paying adult. Available daily beginning at 2:30pm. Before 2:30pm, kids receive 50% off golf rates.