


# NOVEMBER SCHEDULE



## HEALTH & FITNESS CENTER

racquet park

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				<b>1</b> 8 a.m.   Body Tone Instructor: Cathy 8:30 a.m.   Aqua Tone & Restore Instructor: Julie 9:15 a.m.   Yoga Instructor: Viviana	<b>2</b> 8 a.m.   Circuit Training Instructor: Viviana 8:30 a.m.   Aqua Fit Instructor: Audrey
<b>4</b> 8 a.m.   Body Tone Instructor: Cathy 8:30 a.m.   Aqua Fit Instructor: Audrey 9:15 a.m.   Fusion Spin Instructor: Viviana 12 p.m.   Healing Stretch Instructor: Macy	<b>5</b> 8 a.m.   Circuit Training Instructor: Cathy 8:30 a.m.   Aqua Tone & Restore Instructor: Julie 9:15 a.m.   Pilates Instructor: Cathy 11 a.m.   Yoga Instructor: Pauline	<b>6</b> 8 a.m.   Body Tone Instructor: Viviana 9:15 a.m.   Yoga Instructor: Pauline	<b>7</b> 8 a.m.   Circuit Training Instructor: Viviana 9:15 a.m.   Pilates Instructor: Viviana 11 a.m.   Beginner Strength Instructor: Macy 12 p.m.   Healing Stretch Instructor: Macy	<b>8</b> 8 a.m.   Body Tone Instructor: Tanesha 8:30 a.m.   Aqua Tone & Restore Instructor: Julie 9:15 a.m.   Yoga Instructor: Viviana	<b>9</b> 8 a.m.   Circuit Training Instructor: Viviana 8:30 a.m.   Aqua Fit Instructor: Audrey
<b>11</b> 8 a.m.   Body Tone Instructor: Tanesha 8:30 a.m.   Aqua Fit Instructor: Audrey 9:15 a.m.   Fusion Spin Instructor: Viviana 12 p.m.   Healing Stretch Instructor: Macy	<b>12</b> 8 a.m.   Circuit Training Instructor: Cathy 8:30 a.m.   Aqua Tone & Restore Instructor: Julie 9:15 a.m.   Pilates Instructor: Cathy 11 a.m.   Yoga Instructor: Pauline	<b>13</b> 8 a.m.   Body Tone Instructor: Viviana 9:15 a.m.   Yoga Instructor: Pauline	<b>14</b> 8 a.m.   Circuit Training Instructor: Viviana 9:15 a.m.   Pilates Instructor: Viviana 11 a.m.   Beginner Strength Instructor: Macy 12 p.m.   Healing Stretch Instructor: Macy	<b>15</b> 8 a.m.   Body Tone Instructor: Tanesha 8:30 a.m.   Aqua Tone & Restore Instructor: Julie 9:15 a.m.   Yoga Instructor: Viviana	<b>16</b> 8 a.m.   Circuit Training Instructor: Viviana 8:30 a.m.   Aqua Fit Instructor: Audrey
<b>18</b> 8 a.m.   Body Tone Instructor: Cathy 8:30 a.m.   Aqua Fit Instructor: Audrey 9:15 a.m.   Fusion Spin Instructor: Viviana 12 p.m.   Healing Stretch Instructor: Macy	<b>19</b> 8 a.m.   Circuit Training Instructor: Cathy 8:30 a.m.   Aqua Tone & Restore Instructor: Julie 9:15 a.m.   Pilates Instructor: Cathy 11 a.m.   Yoga Instructor: Pauline	<b>20</b> 8 a.m.   Body Tone Instructor: Viviana 9:15 a.m.   Yoga Instructor: Pauline	<b>21</b> 8 a.m.   Circuit Training Instructor: Viviana 9:15 a.m.   Pilates Instructor: Viviana 11 a.m.   Beginner Strength Instructor: Macy 12 p.m.   Healing Stretch Instructor: Macy	<b>22</b> 8 a.m.   Body Tone Instructor: Tanesha 8:30 a.m.   Aqua Tone & Restore Instructor: Julie 9:15 a.m.   Yoga Instructor: Viviana	<b>23</b> 8 a.m.   Circuit Training Instructor: Viviana 8:30 a.m.   Aqua Fit Instructor: Audrey
<b>25</b> 8 a.m.   Body Tone Instructor: Cathy 8:30 a.m.   Aqua Fit Instructor: Audrey 9:15 a.m.   Fusion Spin Instructor: Viviana 12 p.m.   Healing Stretch Instructor: Macy	<b>26</b> 8 a.m.   Circuit Training Instructor: Cathy 8:30 a.m.   Aqua Tone & Restore Instructor: Julie 9:15 a.m.   Pilates Instructor: Cathy 11 a.m.   Yoga Instructor: Pauline	<b>27</b> 8 a.m.   Body Tone Instructor: Viviana 9:15 a.m.   Yoga Instructor: Pauline	<b>28</b> 8 a.m.   Turkey Trot 5k 	<b>29</b> 8 a.m.   Body Tone Instructor: Tanesha 8:30 a.m.   Aqua Tone & Restore Instructor: Julie 9:15 a.m.   Yoga Instructor: Viviana	<b>30</b> 8 a.m.   Circuit Training Instructor: Viviana 8:30 a.m.   Aqua Fit Instructor: Audrey

- > 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 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. The class combines light cardio, aqua resistance training, balance, relaxation and stretching.

### 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 strengthening workout focuses on strengthening the whole body with dumbbells and body weight exercises.

### 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.