

# Fitness Class Schedule.

## SPORTS COMPLEX HOURS

Mon-Sat 6am-10pm & Sun 7am-10pm.

Indoor pool closes daily at 9:30pm.

Class schedule subject to change and will vary during the holidays.

### MONDAY

8:15am	BODY SCULPT	Sports Complex
9am	INTERMEDIATE/ADVANCED ADULT TENNIS	Tennis Courts
9:30am	AQUA FIT	Outdoor Pool
9:30am	GENTLE YOGA	Sports Complex
4:45pm	CHI GONG	Sports Complex
6pm	YOGA MEDITATION	Sports Complex
7pm	LIVE ENTERTAINMENT	The Great Hall

### TUESDAY

8:15am	CYCLE & ABS	Sports Complex
9am	ADVANCED ADULT TENNIS	Tennis Courts
9:30am	AQUA FIT	Outdoor Pool
9:30am	FLOW YOGA	Sports Complex
10:30am	INTERMEDIATE ADULT TENNIS	Tennis Courts
11:15am	INTRODUCTION TO GOLF	Golf Course
11:15am	DANCIN' AT GPI	Sports Complex
7pm	LIVE ENTERTAINMENT	The Great Hall

### WEDNESDAY

8:15am	BODY SCULPT	Sports Complex
9am	INTERMEDIATE/ADVANCED ADULT TENNIS	Tennis Courts
9:30am	AQUA FIT	Outdoor Pool
9:30am	CLASSICAL YOGA	Sports Complex
11:15am	INTRODUCTION TO GOLF	Golf Course
6pm	YOGA CORE	Sports Complex
7pm	LIVE ENTERTAINMENT	The Great Hall

### THURSDAY

8:15am	INSTRUCTOR'S CHOICE	Sports Complex
9am	ADVANCED ADULT TENNIS	Tennis Courts
9:30am	AQUA FIT	Outdoor Pool
9:30am	FLOW YOGA	Sports Complex
10:30am	INTERMEDIATE ADULT TENNIS	Tennis Courts
11:15am	INTRODUCTION TO GOLF	Golf Course
11:30am	BALANCE	Sports Complex
6:30pm	YOGA BASICS	Sports Complex
7pm	LIVE ENTERTAINMENT	The Great Hall

### FRIDAY

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

### SATURDAY

8:45am	567 BROADWAY!	Sports Complex
9am	ADVANCED ADULT TENNIS	Tennis Courts
10am	CLASSICAL YOGA	Sports Complex
10:30am	INTERMEDIATE ADULT TENNIS	Tennis Courts
11:15am	INTRODUCTION TO GOLF	Golf Course
7pm	LIVE ENTERTAINMENT	The Great Hall

### SUNDAY

9:30am	FLOW YOGA-60 MIN.	Sports Complex
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. Located at the Outdoor Pool, weather permitting. **60 mins.**

### BALANCE \$

Infusing Tai Chi with muscle strengthening movement to improve core strength, balance and coordination. **60 mins.**

### BODY SCULPT \$

Total body strength training. Great for beginners or conditioned athletes. **60 mins.**

### CHI GONG \$

Combining basic Chi Gong moves and a mix of trending exercises, these full-bodied movements with mindful breathing make this class enjoyable for all levels of fitness. **60 mins.**

### CLASSICAL YOGA \$

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

### CYCLE & ABS \$

This class includes interval cycle drills and midsection movement focusing on abs and backs. **60 mins.**

### DANCIN' AT GPI \$

Have you always wanted to take a dance class and feel energized? Join Conny Andres as she teaches fun & easy-to-learn dance combinations inspired by the musical theatre stage. All ages & skill levels are welcome. **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.** Wednesday and Sunday are **60 minutes.**

### GENTLE YOGA \$

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

### INSTRUCTOR'S CHOICE \$

This "wild card" workout could include cardio, weights, intervals, step, cycle, HIIT and/or outdoor training. **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. **45 mins.** Weather permitting.

Please call 24 hours in advance to sign up at **EXT. 1034.**

### TENNIS R \$

ADVANCED TENNIS CLINIC | Qualified players will enjoy our most aggressive clinic. Levels 3.5-4.0 and up. **90 mins.**

INTERMEDIATE/ADVANCED TENNIS CLINIC | If you're at a 3.0 level, you'll get a great workout with fast moving drills, lots of reps and tips to make you a more advanced player. Levels 3.0 - 3.5. **90 mins.**

INTERMEDIATE ADULT CLINIC | Enjoy lots of drills, point play, and fundamental instruction. Levels 2.5 - 3.0. **90 mins.**

### YOGA BASICS \$

Learn basic yoga postures using props and paying attention to alignment. This class is good for first time yogis. **60 mins.**

### YOGA CORE \$

A fast paced and full-body workout. Focus on the breathwork and mindfulness of yoga, while connecting mind and body to the moment. Core yoga offers a bit of everything including stretching and classical yoga poses, all in a casual atmosphere. **60 mins.**

### YOGA MEDITATION \$

Join yoga asanas with breathwork, guided imagery and silent meditation to stretch, strengthen and steady your mind. **60 mins.**

### 567 BROADWAY! \$

A dance fitness class to strengthen the body and mind through the joy of dance and the power of music. **60 mins.**