

# AUGUST 2019

## Group Fitness

Day	Time	Location	Level	Class	Instructor
<b>Monday</b>	7:30 am	MIND & MOTION	ALL	Bosu & Body Sculpt	Sean
	8:30 am	MIND & MOTION	ALL	Spartacus Workout	Sean
	9:30 am	MIND & MOTION	ALL	Spin®	Cindy
	10:30 am	YACHT CLUB POOL (HS)	ALL	Splash Fitness	Cindy
	10:30 am	MIND & MOTION	ALL	Stretch on the Go	Mike
	11:00 am	MIND & MOTION	ALL	Yoga Flow	Patty
	5:00 pm	MIND & MOTION	ALL	Yoga***	Rachael
	6:00 pm	MIND & MOTION	ALL	Zumba with Confidence***	Quyen
<b>Tuesday</b>	7:30 am	MIND & MOTION	ALL	Cardio Body Sculpt	Mike
	8:30 am	MIND & MOTION	2	High Intensity	Alisa
	9:30 am	MIND & MOTION	ALL	Zumba with Confidence	Quyen
	10:30 am	MIND & MOTION	ALL	Piloxing	Alisa
	10:30 am	YACHT CLUB POOL (HS)	ALL	Splash Fitness	Cindy
	11:30 am	MIND & MOTION	ALL	Spin®	Cindy
	12:30 pm	MIND & MOTION	ALL	Stretchable You	Marge
	5:30 pm	MIND & MOTION	ALL	Yoga***	Tamara
<b>Wednesday</b>	7:30 am	MIND & MOTION	ALL	The Goddess Workout	Mike
	8:30 am	MIND & MOTION	ALL	Cardio Buff	Alisa
	9:30 am	MIND & MOTION	ALL	Spin®	Cindy
	10:30 pm	MIND & MOTION	ALL	Get Active	Cindy
	11:30 am	MIND & MOTION	ALL	Stretchable You	Patty
	12:30 pm	MIND & MOTION	ALL	Yoga	Patty
	1:30 pm	MIND & MOTION	ALL	Sassy Jazzy Styling J \$\$	Evie
	6:00 pm	MIND & MOTION	ALL	Zumba with Confidence***	Quyen
<b>Thursday</b>	7:30 am	MIND & MOTION	ALL	Mat Pilates	Lauren
	8:30 am	RESORT BEACH	ALL	Beach Yoga	Maria
	8:30 am	MIND & MOTION	2	60 Second Rapid Fire	Mike
	9:30 am	MIND & MOTION	ALL	Stretchable You	Patty
	10:30 am	YACHT CLUB POOL (HS)	ALL	Splash Fitness	Patty
	10:30 am	MIND & MOTION	ALL	Aerobic Interval	Alisa
	11:30 am	MIND & MOTION	ALL	Conditioning Spin®	Alisa
	1:30 pm	MIND & MOTION	ALL	Yoga	Maria
	5:30 pm	MIND & MOTION	ALL	Let's Get Stronger***	John
<b>Friday</b>	7:00 am	MARINA COURTYARD	ALL	Sunrise Yoga J	Cara
	7:30 am	MIND & MOTION	ALL	Core Floor and More	Alisa
	8:30 am	MIND & MOTION	ALL	LaBlast J	Alisa
	9:30 am	MIND & MOTION	ALL	HIIT	Shane
	10:30 am	MIND & MOTION	ALL	Forever Young	John
	10:45 am	TENNIS GARDENS	ALL	Sports Conditioning (Golf & Tennis) J	Shane
	<b>Saturday</b>	7:30 am	MIND & MOTION	ALL	Mat
8:30 am		RESORT BEACH	ALL	Pilates	Maria
8:30 am		MIND & MOTION	ALL	Beach	Lauren
9:30 am		MIND & MOTION	ALL	Yoga	Quyen
<b>Sunday</b>		9:30 am	MIND & MOTION	ALL	Vinyasa Flow
	11:30 am	MIND & MOTION	ALL	Hour of Power	Lauren

Resort Guest Fee - \$15 per day (Unlimited Classes) \$\$ Additional \$15 class fee per member or  
J New Class / \*\*\* Open to Longboat Key Club

Schedule is subject to change. Classes are 50 minutes unless noted otherwise.

Classes may be reserved one week in advance by calling 387-1656.

Private and group sessions are available upon request. Any class, anytime!

### FITNESS CENTER HOURS OF OPERATION

Monday - Friday • 6 am to 7 pm | Saturday • 7 am to 7 pm | Sunday • 7 am to 5 pm

# Class

**60 Second Rapid Fire** - High intensity 60 second circuits to work the entire body incorporating a variety of body weight exercises and resistance equipment. Strength, cardio, plyometric, and

**Aerobic Interval Conditioning** - Combine short bursts of heart pumping cardio with intervals of weight training. Uses steps. Great calorie burn! INTERMEDIATE

**Beach Yoga** - We welcome all beginner and advanced levels to yoga on the beach. Yoga positions will be demonstrated in each level to make it easy for beginners to learn and challenging the advanced. ALL LEVELS

**Bosu & Body Sculpt** - Increase your muscular and cardiovascular fitness using the bosu and weights. Movements are for strength, core, and balance. INTERMEDIATE

**Body Sculpt** - Total Body workout using various forms of equipment and balance.

**Cardio Body Sculpt** - Total cardio body workout using a variety of equipment to increase strength, endurance, and balance. ALL LEVELS

**Cardio Buff** - High-low aerobics and weight training intervals. ALL LEVELS

**Core Floor and More** - Develop a stronger core, improve balance and stability and strengthen muscles with a variety of safe and steady exercises.

**Forever Young** - Move through a variety of exercises designed to increase muscular strength, range of movement, and skills required during activities for daily living. Hand-held weights, elastic tubing, and a ball are used for resistance and a chair is used for seated and/or standing support.

**Get Active** - A fun, motivating low impact class with exciting music to work your muscles effectively. We will be training with resistance bands for strength, balance, and core. You will finish class feeling refreshed and recharged!

**High Intensity** - Combination class using intense moves to increase strength and endurance. ADVANCED

**HIIT** - This two part class focuses on Interval Training + Flexibility and Mobility.

**Hour of Power** - Core power training session. Lengthen, strengthen, stretch, and tone in this 50-minute full body workout class. An energetic mix of barre, Pilates, and circuit exercises, targeting a wide variety of muscle groups.

**LaBlast** - The perfect balance of dance and fitness. The "workout in disguise" will get you moving to dances like Jive, Quickstep, Paso Doble, Viennese Waltz and more! No partner needed.

**Mat Pilates** - A total body workout designed to strengthen and lengthen from the powerhouse (core) out. Focused on alignment and balance.

**Piloxing®** - This workout blends muscle sculpting of Pilates with Cardio and strength of boxing with fun moves into a high energy interval workout. INTERMEDIATE

**Spin** - The ultimate group cycling class. Pump up the volume on your workout in this complete mind/body cardio workout. ALL LEVELS

**Spartacus Workout** - Gain strength and power with weight and endurance challenges. Increase your metabolism and reduce body fat. INTERMEDIATE

**Splash Fitness** - A fun-filled water class consisting of cardio and muscle strengthening. Water creates natural resistance which means every step is a challenge, helping to tone your muscles with no

**Sports Conditioning** - Advance your tennis and golf conditioning through strength, endurance and plyometric training.

**Sunrise Yoga** - Enjoy a beautiful sunrise Yoga workout with breathtaking bay views at our Harborside Marina. Gentle and Less intensive class for all levels welcome.

**Stretch on the Go** - Enjoy this quick 30 minute stretch to wrap up your active morning. ALL LEVELS.

**Stretchable You** - Elongate muscles from end to end, increase your flexibility and improve body awareness with this special mind/body connection. ALL LEVELS

**Tai Chi** - This class incorporates balance, postural awareness, smooth flowing continuous moves. ALL LEVELS

**The Goddess Workout** - High intensity circuit that involves cardio, full body, balance and core. INTERMEDIATE

**Vinyasa Flow** - Move through a series of yoga poses synchronized with the breath, flowing smoothly from pose to pose including sun salutations. Class is appropriate for all levels.

**Yoga** - This class is for those students who have

**Yoga Flow** - Flowing movements with focus on proper alignment and purposeful movements. Students can expect to leave their mats feeling energized and centered. ALL LEVELS

**Zumba with Confidence** - Intervals of Latin dance and weight training. Be strong, be vibrant, be you! ALL LEVELS