

MAY 2019 / Group Fitness Schedule

■ Mind & Motion
 ■ Fitness Center
 ■ Resort Beach
 ■ The Tennis Gardens
 ■ HS Golf
 ■ Marina
 ■ Resort Pool
 ■ Labyrinth
 ■ Islandside Tennis Courts

Day	Time	Location	Level	Class	Instructor
Mondays	7:30 am	■	ALL	Bosu & Body Sculpt	Sean
	8:30 am	■	ALL	Spartacus Workout	Sean
	8:30 am	■	ALL	Beach Pilates	Lauren
	9:30 am	■	2	Piloxing*	Alisa
	10:30 am	■	ALL	Splash Fitness	Cindy
	10:30 am	■	ALL	Yoga Flow	Patty
	11:30 am	■	ALL	Spin®*	Cindy
	12:30 pm	■	ALL	Stretch on the Go	Mike
	6:00 pm	■	ALL	Zumba with Confidence***	Quyen
Tuesdays	7:30 am	■	ALL	Cardio Body Sculpt	Mike
	8:30 am	■	1	High Intensity*	Alisa
	8:30 am	■	ALL	Beach Stretch	Lauren
	9:30 am	■	ALL	Zumba with Confidence	Quyen
	9:30 am	■	ALL	Small Group Beach Boot Camp	Shane/Matt
	10:30 am	■	ALL	Aerobic Interval Conditioning	Alisa
	10:30 am	■	ALL	Splash Fitness	Cindy
	10:45 am	■	ALL	Tennis S.T.E.P.	Matt/Shane
	11:30 am	■	ALL	Spin®*	Cindy
	12:30 pm	■	ALL	Stretchable You	Marge
	5:30 pm	■	ALL	Yoga***	Tamara
	Wednesdays	7:30 am	■	ALL	The Goddess Workout
8:30 am		■	ALL	Cardio Buff	Alisa
8:30 am		■	ALL	Beach Stretch	Lauren
9:30 am		■	ALL	Stretchable You	Patty
10:30 am		■	ALL	Yoga	Patty
11:30 am		■	1	Spin®*	Cindy
12:30 pm		■	ALL	Stretch on the Go	Mike
1:30 pm		■	ALL	Sassy Jazzy Styling 🌟 \$\$	Evie
6:00 pm		■	ALL	Zumba with Confidence***	Quyen
Thursdays	7:30 am	■	ALL	Mat Pilates	Lauren
	8:30 am	■	ALL	Beach Yoga	Maria
	8:30 am	■	2	60 second Rapid Fire	Mike
	9:30 am	■	ALL	Small Group Beach Boot Camp	Shane/Matt
	10:30 am	■	ALL	Splash Fitness	Patty
	10:30 am	■	ALL	Cardio Body Sculpt	Mike
	10:45 am	■	ALL	GCP (Golf Conditioning & Performance)	Matt/Shane
	11:30 am	■	ALL	Stretchable You	Patty
	12:30 pm	■	ALL	Beginner Ballet	Lauren
	1:30 am	■	ALL	Yoga	Maria
	Fridays	7:30 am	■	ALL	Balance and Posture
8:30 am		■	ALL	Beach Yoga	Maria
9:30 am		■	ALL	HIIT (2-Part Class) 🌟	Matt/Shane
10:30 am		■	ALL	Tai Chi	Rick
12:30 pm		■	ALL	Stretch on the Go	Rick
Saturdays	7:30 am	■	ALL	Mat Pilates	Lauren
	8:30 am	■	ALL	Beach Yoga	Maria
	9:30 am	■	ALL	Zumba with Confidence	Quyen
Sundays	9:30 am	■	ALL	Vinyasa Flow	Tamara/Marge
	11:00 am	■	ALL	Hour of Power	Lauren

Resort Guest Fee - \$15 per day (Unlimited Classes) / \$\$ Additional \$15 class fee per member or guest

🌟 New Class / * Open to Longboat Key Club Associates!**

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!

RESPECT TO YOUR INSTRUCTOR AND OTHER PARTICIPANTS. PLEASE REFRAIN FROM UNNECESSARY CONVERSATIONS IN FITNESS CLASSES.

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 Descriptions

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 flexibility class. **ADVANCED**

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

Aqua Tai Chi - This class environment is especially beneficial from people recovering from injuries or surgeries. Movements are easy. **ALL LEVELS**

Balance and Posture - Improve balance and coordination by stepping on and off the BOSU. Incorporates weight movements with Pilates inspired core and back strengthening. **ADVANCED**

Bars & Bells - Build muscle mass with this resistance only class. Hit each muscle group with a combination of compound and isolation exercises. **ALL LEVELS**

Beach Boot Camp - Enjoy class on the beach consisting of station training for strength, cardio, core and flexibility. This will be a high intensity class.

Beach Stretch - Join us on the beach to start your morning with an invigorating stretch class incorporating yoga movements and breathing. **ALL LEVELS**

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**

GCP - Golf Fitness training, Functional exercise, Plyometric training and ballistic training to **SUPERCHARGE** your body for golf.

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.

Let's Get Stronger - Ready to give your cardio workout a break? This class will use a mix of equipment including dumbbells, body bars, and body weight exercises designed to build strength. Balance and core strength included. **ALL LEVELS**

Mat Pilates: (CHANGE FROM MAX PILATES TO MAT PILATES) - A total body workout designed to strengthen and lengthen from the powerhouse (core) out. Focused on alignment and balance.

Meditation - Restorative Yoga and Meditation enables the deep relaxation of the Mind, Body and Spirit. Through mindful slow movements and prolonged poses gently supported by props on the floor you will focus on Breathing techniques known as Pranayama. The second part of class is dedicated to a Guided Yoga Nidra Meditation enhanced with Aroma Therapy and Singing Bowl Meditation.

Pilates - Pilates is a total body workout designed to strengthen and lengthen the body working from the powerhouse (core) and focusing on alignment and balance. *(Wednesday evening Pilates class will be a beginner level class - all levels welcome.)*

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

Power Pump - Intensive strength training workout utilizing a weighted body bar.

Sassy Jazzy Stylings - There are no partners, all dances and steps are done individually. Ladies will work on building their confidence and expression in this fun and sassy new class! The class will focus on arm styling, hip action, and footwork in the Cha Cha, Salsa, and Rumba!

Social Dancing (Advanced) - Weekly dance class, taught by dance professionals from Dynasty Dance Clubs. You will become comfortable in any social situation.

Social Dancing (Beginners) - Weekly dance class, taught by dance professionals from Dynasty Dance Clubs. You will become comfortable in any social situation.

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 impact on your joints. **ALL LEVELS**

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**

Tennis S.T.E.P. - A specific workout routine to help improve overall Strength, Timing, Endurance and Power for on-court movement- and to prevent common tennis injuries.

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.

Wired - Circuit training madness! A rotation of exercises based on time, strength, and cardio training. **INTERMEDIATE**

Yoga - This class is for those students who have already practiced yoga for at least six months and would like to stretch more deeply and challenge their strength as we move into more complex poses. We will also practice other aspects of yoga, such as pranayama, *(breathwork)*.

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**