



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 7:30 am (CC) Vinyasa Yoga - Felice	2 9:00 am (BC) Water Aerobics - Melissa 4:30 pm - 5:30 pm (CC) After Hours Kids Fitness	3 8:00 am (CC) Aerobics - Rita 8:30 am (CC) Water Aerobics - Marie	4 9:00 am (BC) Water Aerobics - Alex 10:00 am (CC) Gentle Stretch - Rita	5 8:30 am (CC) Water Aerobics - Kim 8:00 am (BC) Vinyasa Yoga - Felice
6	7 Labor Day 8:00 am (CC) Aerobics - Rita 8:30 am (CC) Water Aerobics - Kim (BC) Water Aerobics - CANCELLED	8 7:30 am (CC) Vinyasa Yoga - Felice	9 9:00 am (BC) Water Aerobics - Melissa 4:30 pm - 5:30 pm (CC) After Hours Kids Fitness	10 8:00 am (CC) Aerobics - Rita 8:30 am (CC) Water Aerobics - Marie	11 9:00 am (BC) Water Aerobics - Alex 10:00 am (CC) Gentle Stretch - Rita	12 8:30 am (CC) Water Aerobics - Kim 8:00 am (BC) Vinyasa Yoga - Felice
13	14 8:00 am (CC) Aerobics - Rita 8:30 am (CC) Water Aerobics - Kim 9:00 am (BC) Water Aerobics - Alex	15 7:30 am (CC) Vinyasa Yoga - Felice	16 9:00 am (BC) Water Aerobics - Melissa 4:30 pm - 5:30 pm (CC) After Hours Kids Fitness	17 8:00 am (CC) Aerobics - Rita 8:30 am (CC) Water Aerobics - Marie	18 9:00 am (BC) Water Aerobics - Alex 10:00 am (CC) Gentle Stretch - Rita	19 8:30 am (CC) Water Aerobics - Kim 8:00 am (BC) Vinyasa Yoga - Felice
20	21 8:00 am (CC) Aerobics - Rita 8:30 am (CC) Water Aerobics - Kim 9:00 am (BC) Water Aerobics - Alex	22 7:30 am (CC) Vinyasa Yoga - Felice	23 9:00 am (BC) Water Aerobics - Melissa 4:30 pm - 5:30 pm (CC) After Hours Kids Fitness	24 8:00 am (CC) Aerobics - Rita 8:30 am (CC) Water Aerobics - Marie	25 9:00 am (BC) Water Aerobics - Alex 10:00 am (CC) Gentle Stretch - Rita	26 8:30 am (CC) Water Aerobics - Kim 8:00 am (BC) Vinyasa Yoga - Felice
27	28 8:00 am (CC) Aerobics - Rita 8:30 am (CC) Water Aerobics - Kim 9:00 am (BC) Water Aerobics - Alex	29 7:30 am (CC) Vinyasa Yoga - Felice	30 9:00 am (BC) Water Aerobics - Melissa 4:30 pm - 5:30 pm (CC) After Hours Kids Fitness			

CLASS PRICING

Hotel Guests

- Single class \$15
- 5-class series \$65
- 10-class series \$110
- 20-class series \$200

Private Beach Club and Country Club classes are open to hotel guests and club members only. (Complimentary for club members.)

Indoor Country Club classes will take place in the Ballroom.

REGISTRATION

To register for Beach Club classes, please call the Beach Club at 561.330.3775.

To register for Country Club classes, please call the Country Club at 561.498.7600 ext 3157.

To register for Tennis Center classes, please call the Tennis Club at 561.498.8186.

All classes subject to cancellation. Water Aerobics classes will be canceled when the temperature is 60°F and below.

C = Beach Club
CC = Country Club
TC = Tennis Center
Guest \$15.00 per class