



**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**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 9AM (CC) Seagate Sweat \$10	2 8:00 am (CC) Aerobics - Rita 8:30 am (CC) Water Aerobics - Kim 9:00 am (BC) Water Aerobics - Alex	3 7:30 am (CC) Vinyasa Yoga - Felice	4 9:00 am (BC) Water Aerobics - Melissa	5 8:00 am (CC) Aerobics - Rita 8:30 am (CC) Water Aerobics - Marie	6 9:00 am (BC) Water Aerobics - Alex 10:00 am (CC) Gentle Stretch - Rita	7 8:00 am (BC) Sunrise Yoga 8:00 am (CC) Zumba 8:30 am (CC) Water Aerobics - Kim
8 9AM (CC) Seagate Sweat \$10	9 8:00 am (CC) Aerobics - Rita 8:30 am (CC) Water Aerobics - Kim 9:00 am (BC) Water Aerobics - Alex	10 7:30 am (CC) Vinyasa Yoga - Felice	11 9:00 am (BC) Water Aerobics - Melissa	12 8:00 am (CC) Aerobics - Rita 8:30 am (CC) Water Aerobics - Marie	13 9:00 am (BC) Water Aerobics - Alex 10:00 am (CC) Gentle Stretch - Rita	14 8:00 am (BC) Sunrise Yoga 8:00 am (CC) Zumba 8:30 am (CC) Water Aerobics - Kim
15 9AM (CC) Seagate Sweat \$10	16 8:00 am (CC) Aerobics - Rita 8:30 am (CC) Water Aerobics - Kim 9:00 am (BC) Water Aerobics - Alex	17 7:30 am (CC) Vinyasa Yoga - Felice	18 9:00 am (BC) Water Aerobics - Melissa	19 8:00 am (CC) Aerobics - Rita 8:30 am (CC) Water Aerobics - Marie	20 9:00 am (BC) Water Aerobics - Alex 10:00 am (CC) Gentle Stretch - Rita	21 8:00 am (BC) Sunrise Yoga 8:00 am (CC) Zumba 8:30 am (CC) Water Aerobics - Kim
22 9AM (CC) Seagate Sweat \$10	23 8:00 am (CC) Aerobics - Rita 8:30 am (CC) Water Aerobics - Kim 9:00 am (BC) Water Aerobics - Alex	24 7:30 am (CC) Vinyasa Yoga - Felice	25 9:00 am (BC) Water Aerobics - Melissa	26 8:00 am (CC) Aerobics - Rita 8:30 am (CC) Water Aerobics - Marie	27 9:00 am (BC) Water Aerobics - Alex 10:00 am (CC) Gentle Stretch - Rita	28 8:00 am (BC) Sunrise Yoga 8:00 am (CC) Zumba 8:30 am (CC) Water Aerobics - Kim
29 9AM (CC) Seagate Sweat \$10	30 8:00 am (CC) Aerobics - Rita 8:30 am (CC) Water Aerobics - Kim 9:00 am (BC) Water Aerobics - Alex					