# JANUARY FITNESS SCHEDULE





## SPECIAL CLASSES

Zen Yoga and Sound Bath: 60 mins • \$30 January 8 • 11 a.m.

**Tranquil Sound Journey**: 60 mins • \$30 January 24 • 11:15 a.m.

TIME	Monday	Tuesday	WEDNESDAY	THURSDAY	Friday	Saturday	Sunday
6:15 a.m.	Cycle Sculpt	Sunrise Sweat	Wake-Up Call	Sunrise Sweat	Wake-Up Call		
8 a.m.	Heated Vinyasa Yoga	Heated Mat Pilates		Heated Mat Pilates	Heated Vinyasa Yoga	Heated Mat Pilates	
8:15 a.m.	Total-Body Strength	Straight Up Circuit	Total-Body Strength	Straight-Up Circuit	Total-Body Strength	Weekend Wake-up	
8:30 a.m.	Aqua Fit	Shallow Water Aerobics Intermediate Yoga	Aqua Fit Yoga Flow	Aqua Fit	Aqua Fit	Yoga Flow	
9 a.m.	Cycle, Sculpt, and Roll Pilates Reformer Heated Yoga	Indoor Cycle Pilates Reformer Heated Yoga	Indoor Cycle Pilates Reformer Heated Yoga	Cycle, Sculpt, and Roll Pilates Reformer Heated Yoga	Indoor Cycle Pilates Reformer Heated Yoga fAB Fridays	Indoor Cycle	
10 a.m.	Pilates Reformer	Pilates Reformer Strength and Stretch	Pilates Reformer Pilates Sculpt	Pilates Reformer Strength and Stretch	Pilates Reformer Pilates Sculpt	Pilates Reformer Hard Core Realign and Unwind	
10:15 a.m.	Strength and Stretch Beginner Yoga				Strength and Stretch		
11 a.m.		Pilates Reformer	Pilates Reformer	Pilates Reformer	Pilates Reformer	Pilates Reformer	
11:15 a.m.	Pilates Sculpt						
4 p.m.	Restorative Stretch		Mindful Stretch	Beginner Pilates Restorative Stretch			

Monday through Friday: 6 a.m. – 7 p.m. | Saturday and Sunday: 7 a.m. – 6 p.m. Classes limited to 15 participants, unless otherwise stated.

#### MIND AND BODY

Heated Yoga: 60 mins

Experience the beautiful, heated atrium as you level up vour energy and release stress. Experience required.

Intermediate Yoga: 75 mins



Build a strong body connection with endurance, strength, and breath awareness. Experience recommended.

Realign and Unwind: 45 mins

Warm-up and release the body as you begin settling into deeper stretches for recovery and development of flexible. Suitable for all levels.

Restorative Stretch: 45 mins • O

Improve mobility and flexibility with the method of assisted stretching techniques.

Mindful Stretch: 45 mins

Gentle stretching, breathing techniques and guided relaxation to promote physical and mental well-being.

Heated Vinyasa Yoga: 45 mins

Multi-level practice that connects movement of the body and breathing.

Yoga Flow: 60 mins

A practice for all levels, that focuses on the building blocks of sound Vinyasa Flow.

**Beginner Yoga:** 40 mins

8-week series exploring the fundamentals of yoga, including traditional poses, breathing techniques, and an introduction to yoga philosophy.

## **CYCLE**

Cycle Sculpt: 40 mins

A high intensity combination of cycling, strength training, and core activation.

Cycle, Sculpt, and Roll: 75 mins



Indoor Cycle: 45 mins

Tour across various tempos, resistance and intervals in this low-impact cycle workout.

#### CARDIO

Aqua Fit: 45 mins

Enjoy a low-impact, high energy full body strength training aqua class at the Beach Club. Access required. Agua Fit will be held at the Fitness Center pool on January 3 and 7, 2026 due to the Beach Club closure.

Shallow Water Aerobics: 45 mins 

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Enjoy a low-impact agua class in the shallow end of the Fitness Center Pool.

Pilates Reformer: 55 mins 

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A low-impact total body workout designed to increase cardio, strength, boost flexibility, balance, posture, and coordination. Class limited to 5 participants. Experience required. \$40/class.

**Beginner Pilates:** 55 mins

Learn form, safety, and proper techniques on the reformer. Class limited to 5 participants. \$40/class.

Heated Mat Pilates: 45 mins

Use heat and classic pilates moves to build core strength, improve flexibility, and boost intensity.

## ADDITIONAL SERVICES

Crvotherapy: 15 mins

Whole-body cryotherapy will harmonize with your body's natural healing processes, alleviating arthritis pain, soothing nerve irritation, and reducing inflammation.

Personal Training: 30 or 60 mins

Our personal trainers will construct a tailored routine to increase mobility, stability, and overall improved health.

Private Yoga Session: 30 or 60 mins

Focus on unique personal needs and targets as you combine physical postures, breathing techniques and meditation or relaxation in this private session.

Pilates Private Session: 30 or 60 mins

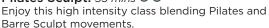
A series of non-impact exercises that will help develop strength, flexibility, balance, and awareness.

Assisted Stretching: 30 or 60 mins

Help improve mobility, performance, and reduce risk of injury with stretching led by a certified provider.

#### STRENGTH

Pilates Sculpt: 55 mins



Strength and Stretch: 55 mins ○ ○

A low-impact workout that focuses on increasing overall strength and flexibility as well as highlighting some key movements that help recover with stretching.

Straight-Up Circuit: 45 mins

This high intensity full body workout focuses on overall endurance and strength and is designed to push you to your goals. All levels welcomed.

Wake-Up Call: 40 mins

Join the sunrise with this dynamic high intensity circuit class designed to enhance cardio and overall strength.

Total-Body Strength: 40 mins

This class is designed to experience a full body workout while building on your overall strength.

Hard Core: 45 mins

Work your core with this focused training blending cardio, strength, and balance.

Sunrise Sweat: 45 mins

Combines strength building movements and focused actions that allow full body engagement.

Weekend Wake-up: 45 mins

Enhance balance, core, stability and overall strength by incorporating strength, mobility, and core exercises.

fAB Fridays: 40 mins

Core strengthen class focuses on sculpting and toning vour abs.

Low to Moderate Intensity

Moderate to High Intensity