



FEBRUARY 2020

Group Fitness Schedule



| Day | Time | Location | Level | Class | Instructor |
|-------------------|----------|---------------------|-------|--------------------------------|--------------|
| Mondays | 7:30 am | MIND & MOTION | ALL | Bosu & Body Sculpt | Sean |
| | 8:30 am | RESORT BEACH* | ALL | Beach Yoga | Erika |
| | 8:30 am | MIND & MOTION | ALL | Spartacus Workout | Sean |
| | 9:30 am | MIND & MOTION | ALL | Spin® | Erika |
| | 10:30 am | MIND & MOTION | ALL | Stretch on the Go (25 Minutes) | Patty |
| | 11:00 am | RESORT POOL* | ALL | Splash Fitness | Sandi |
| | 11:00 am | MIND & MOTION | ALL | Yoga Flow (75 minutes) | Patty |
| | 6:00 pm | MIND & MOTION | ALL | Zumba with Confidence*** | Quyen |
| Tuesdays | 7:30 am | MIND & MOTION | ALL | Cardio Body Sculpt | Mike |
| | 8:30 am | MIND & MOTION | 2 | High Intensity | Mike |
| | 9:30 am | MIND & MOTION | ALL | Zumba with Confidence | Quyen |
| | 10:30 am | THE TENNIS GARDENS* | ALL | Yoga at The Tennis Gardens | Corbyn |
| | 10:30 am | MIND & MOTION | ALL | Piloxing | Alisa |
| | 11:30 am | MIND & MOTION | ALL | Spin® | Kara |
| | 12:30 pm | MIND & MOTION | ALL | Stretchable You | Alisa |
| | 5:30 pm | MIND & MOTION | ALL | Yoga*** | Tamara |
| Wednesdays | 7:30 am | MIND & MOTION | ALL | Mat Pilates | Lori |
| | 8:30 am | RESORT BEACH* | ALL | Beach Yoga | Corbyn |
| | 8:30 am | MIND & MOTION | 2 | Cardio Buff | Alisa |
| | 9:30 am | MIND & MOTION | ALL | Spin® | Kara |
| | 10:30 pm | MIND & MOTION | ALL | Stretchable You | Patty |
| | 11:00 am | RESORT POOL* | ALL | Splash Fitness | Sandi |
| | 11:30 am | MIND & MOTION | ALL | Restorative Yoga | Patty |
| | 1:00 pm | MIND & MOTION | ALL | Sassy Jazzy Styling 🌟 \$\$ | Evie |
| | 6:00 pm | MIND & MOTION | ALL | Zumba with Confidence*** | Quyen |
| Thursdays | 7:30 am | MIND & MOTION | ALL | 60 Second Rapid Fire | Mike |
| | 8:30 am | MIND & MOTION | ALL | Power Flow | Erika |
| | 9:30 am | MIND & MOTION | ALL | Stretchable You | Patty |
| | 10:30 am | HARBOURSIDE LAWN* | ALL | Golf Conditioning 🌟 | Stim |
| | 10:30 am | MIND & MOTION | 2 | HIIT | Lori |
| | 11:30 am | MIND & MOTION | ALL | Spin® | Kara |
| | 12:30 am | MIND & MOTION | ALL | Forever Young Chair Fitness | Lori |
| | 1:30 pm | MIND & MOTION | ALL | Yoga | Maria |
| | 5:30 pm | MIND & MOTION | ALL | Let's Get Stronger*** | Lori |
| Fridays | 7:30 am | MIND & MOTION | ALL | Core Floor and More | Alisa |
| | 8:30 am | MIND & MOTION | ALL | LaBlast 🌟 | Alisa |
| | 9:30 am | MIND & MOTION | ALL | Aerobic Interval Conditioning | Alisa |
| | 10:30 am | MIND & MOTION | ALL | Yoga Flow | Cara |
| | 11:00 am | RESORT POOL* | ALL | Splash Fitness | Sandi |
| Saturdays | 7:30 am | MIND & MOTION | ALL | Mat Pilates | Lori |
| | 8:30 am | RESORT BEACH* | ALL | Beach Yoga | Maria |
| | 8:30 am | MIND & MOTION | ALL | Muscles and More | Lori |
| | 9:30 am | MIND & MOTION | ALL | Zumba with Confidence | Quyen |
| | 10:30 am | MIND & MOTION | ALL | Spin® | Kara |
| | 11:30 am | MIND & MOTION | ALL | Power Flow | Erika |
| Sundays | 8:30 am | MIND & MOTION | ALL | Spin® | Kara |
| | 9:30 am | MIND & MOTION | ALL | Vinyasa Flow (75 minutes) | Tamara/Erika |
| | 11:00 am | MIND & MOTION | ALL | Hour of Power | Lauren/Lori |

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.

*Outdoor classes will be canceled when temperatures are below 55 degrees.

Classes may be reserved thirty (30) days 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 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**

Beach Yoga - Enjoy the fresh air, soft white sand and the sound of the rippling Gulf waves at this beach yoga class. **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.

HIIT - High Intensity Interval Training using a variety of cardiovascular and strength exercises. **ADVANCED**

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.

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

Muscles and More - A full body workout to help strengthen your muscles & core. **ALL LEVELS**

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 Flow - Build internal heat with this alignment-based athletic flow. This well-rounded class synchronizes movement with breath, in order to open the body and deepen your practice. This class is for most levels and modifications or deeper variation of postures will be offered, so you can be gentle on the body or take your practice to the next level. Allow yourself to be transformed by this flow which includes muscle strengthening, deep stretching and meditation in motion.

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**

Golf Conditioning - Advance golf conditioning through strength, endurance and plyometric training.

Stretch on the Go - Enjoy this quick 25 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**

Total Body Conditioning - High intensity circuit that involves cardio, full body, balance and core. **INTERMEDIATE**

Vinaya 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.

Yin Yoga - This Class is a slow paced style of Yoga with postures that are held for long periods of time.

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 - (75 minute class) 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**