

December 2017 – Fitness Class Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
<p><u>Couple's Fire In The Dunes:</u> 6pm- 10pm Every Friday and Saturday Booked as a 2 hr reservation. (\$150 per couple) Advanced reservations required. Call Ext. 1087</p>		<p style="text-align: center;">All classes meet at the Fitness Center</p> <p style="text-align: center;">INSTRUCTORS Anthony (A) ACE-CP Audrey Crystal Kym Whitney</p> <p style="text-align: center;">Please see class descriptions on reverse.</p>			<p>1</p> <p>8:00 Boot Camp (A) 8:30 Aqua Class 9:00 Yoga (Whitney) 10:00 Abs/Glutes (A) 2:00 Kettlebell (A)</p>		<p>2</p> <p>8:00 Boot Camp (A) 10:00 Abs/Glutes (A) 12:00 Core Reform (A)</p>
<p>3</p> <p>8:00am Nodic Wellness Walk (Audrey) 12:30 Yoga (Crystal) 2:30 'Interval Training (Crystal)</p>	<p>4</p> <p>8:30 Aqua Class 9:00 PiYo (Crystal) 11:00 Band Class (Crystal)</p>	<p>5</p> <p>8:00 Morning Yoga (Crystal) 10:00 Kickboxing (Crystal) 12:00 Interval Training (Crystal)</p>	<p>6</p> <p>8:00 Boot Camp (A) 8:30 Aqua Class 10:00 Abs/Glutes (A) 12:00 Core Reform (A)</p>	<p>7</p> <p>8:00 Boot Camp (A) 10:00 Abs/Glutes (A)</p>	<p>8</p> <p>8:00 Boot Camp (A) 8:30 Aqua Class 9:00 Yoga (Whitney) 10:00 Abs/Glutes (A) 2:00 Kettlebell (A)</p>	<p>9</p> <p>8:00 Boot Camp (A) 10:00 Abs/Glutes (A) 12:00 Core Reform (A)</p>	
<p>10</p> <p>12:30 Yoga (Crystal) 2:30 'Interval Training (Crystal)</p>	<p>11</p> <p>8:30 Aqua Class 9:00 PiYo (Crystal) 11:00 Band Class (Crystal)</p>	<p>12</p> <p>8:00 Morning Yoga (Crystal) 10:00 Kickboxing (Crystal) 12:00 Interval Training (Crystal)</p>	<p>13</p> <p>8:00 Boot Camp (A) 8:30 Aqua Class 10:00 Abs/Glutes (A) 12:00 Core Reform (A)</p>	<p>14</p> <p>8:00 Boot Camp (A) 10:00 Abs/Glutes (A)</p>	<p>15</p> <p>8:00 Boot Camp (A) 8:30 Aqua Class 9:00 Yoga (Whitney) 10:00 Abs/Glutes (A)</p>	<p>16</p> <p>8:00 Boot Camp (A) 8:30 Aqua Fit (Kym) 10:00 Abs/Glutes (A) 12:00 Core Reform (A)</p>	
<p>17</p> <p>12:30 Yoga (Crystal) 2:30 'Interval Training (Crystal)</p>	<p>18</p> <p>8:30 Aqua Class 9:00 PiYo (Crystal) 11:00 Band Class (Crystal)</p>	<p>19</p> <p>8:00 Morning Yoga (Crystal) 10:00 Kickboxing (Crystal) 12:00 Interval Training</p>	<p>20</p> <p>8:00 Boot Camp (A) 8:30 Aqua Class 10:00 Abs/Glutes (A) 12:00 Core Reform (A)</p>	<p>21</p> <p>8:00 Boot Camp (A) 10:00 Abs/Glutes (A)</p>	<p>22</p> <p>8:00 Boot Camp (A) 8:30 Aqua Class 9:00 Yoga (Whitney) 10:00 Abs/Glutes (A) 2:00 Kettlebell (A)</p>	<p>23</p> <p>8:00 Boot Camp (A) 8:30 Aqua Fit (Kym) 10:00 Abs/Glutes (A) 12:00 Core Reform (A)</p>	
<p>24</p> <p>12:30 Yoga (Crystal) 2:30 'Interval Training (Crystal)</p>	<p>25 Merry Christmas</p> <p>8:30 Aqua Class 9:00 PiYo (Crystal) 11:00 Band Class (Crystal)</p>	<p>26</p> <p>8:00 Morning Yoga (Crystal) 10:00 Kickboxing (Crystal) 12:00 Interval Training (Crystal)</p>	<p>27</p> <p>8:00 Boot Camp (A) 8:30 Aqua Class 10:00 Abs/Glutes (A) 12:00 Core Reform (A)</p>	<p>28</p> <p>8:00 Boot Camp (A) 10:00 Abs/Glutes (A)</p>	<p>29</p> <p>8:00 Boot Camp (A) 8:30 Aqua Class 10:00 Abs/Glutes (A) 2:00 Kettlebell (A)</p>	<p>30</p> <p>8:00 Boot Camp (A) 10:00 Abs/Glutes (A) 12:00 Core Reform (A)</p>	
<p>31</p> <p>8:00 Morning Yoga (Crystal) 2:30 'Interval Training (Crystal)</p>							

Classes are approximately 50 minutes unless otherwise indicated.
Class Cost: \$25 per person *Gratuity not included* - Room charge only please.
(Resort Fee covers 1 Fitness Class for one guest per day per room.)

Classes listed below and not on the schedule can be booked as private sessions.

Abs/ Glutes - An effective workout to get your abs burning and challenge your glutes.

Aquabata- It is BOOT CAMP in the water! This is not your grandmother's water aerobics. It is a high intensity workout like no other. •Workout hard for 20 seconds •Rest for 10 seconds •Complete 8 rounds

Aqua Class- This is what you think an Aqua Class should be all about. It is fun, powerful and easy on the joints.

Aqua Fit- This powerful aqua class goes from fast & furious to slow & strong then wild to mild. You'll work in chest deep water through powerful propulsion combined with high intensity intervals and finish with Zen relaxation and stretching. For an overall workout that won't get your hair wet, just get into the pool for an express workout!

Band Class - Get your entire body energized with this full body workout using exercise bands. Hope you are ready for it!

Beach "Booty"- A hard core buns and thighs workout to lift the glutes and firm up the thighs.

Beach Nature Walk- Start your morning with a no stress beach walk and learn about some of our island's natural wonders..

Beach Yoga- An infusion of several styles of Yoga to help relax you physically, mentally & emotionally by mixing. Mixing salutations, balance, standing & strength poses.

Body Sculpt – A strength training class designed to reshape the upper and lower body using dumbbells, ball, bands or body bar.

Boot Camp – Kettlebell and cardio routines combine for a caloric expenditure and an Amelia Island outdoor beach workout experience.

Cardio Punch – A stretching series followed by a punch and kick cardio routine.

'Cize– A dance workout for any age and any dance level! All you need is to be prepared to sweat and have fun at the same time.

Core Reform – The road to a six pack! An effective workout to get your abs burning and strengthen your core.

High Intensity Cardio – It is exactly how it sounds. An intense, cardio class that will get your blood pumping and wake you up! You will feel like you can take on the world after this class.

Interval Training – A high-intensity anaerobic exercise interspersed with periods involve activity of lower intensity.

Kettlebell Ballistics – Fast movement exercises to increase strength, stamina, and coordination by challenging the muscular, cardiovascular and central nervous systems simultaneously.

Kickboxing – A class to improve your focus, movement and really gets your adrenalin up!

Nordic Wellness Walking- Regular walking but with hand-held Nordic walking poles. Burns 40% more calories than regular walking, with less stress on the joints. Join us for a great workout!

Pilates – Sculpt and tone your entire body; Build symmetry and coordination while increasing your energy performing classic Pilates' movements.

PiYO- It is possible! Stretching, muscle building, cardio and increased flexibility using yoga and pilates based moves all in one workout!

Stretch and Strength – Stretching motions to loosen up your muscles before putting them into action! **(30 min)**

YoChi A combination of Yoga and Tai Chi. The structure of Yoga with the slow fluidity of Tai Chi. – **(30 min)**

Pre-registration is requested for Fitness Classes

****One on One Personal Training \$85.00 per session - 24 hour advanced notice required**

Private class sessions available

*Personal Training and private classes are not included in resort fee package.
To schedule, please call ext. 5013 or Leisure Reservations at 904-277-1087.*