



THE
FITNESS CENTER

The Fitness Center Class Schedule

October 2017 Volume 19, No. 19

(843) 785-3024 / www.spinnakerresorts.com/fitness / www.facebook.com/playersclubfitness

	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
8:30 a.m.	Aqua Fit Vilma 8:30 am	Spin Mary 8:00am	Aqua Fit Vilma 8:30 am	Zumba Vilma 8:30 am		Aqua Fit Lana 8:30 am
9:00 a.m.	Cardio Combo Robin	Mat Pilates Mary	Cardio Combo Robin	Aqua Fit Lana	Cardio Sculpt Kelly	8:30 am Spin Mary / Robin
10:00 a.m.	Yoga Kelly	Yoga Nannette		Mat Pilates Diane	Yoga Nannette	Yoga Kelly
11:00 a.m.		Senior Chair Flair Kelly		Silver Sneakers Caroline		
12:00 Noon	<i>*Lunchtime Express</i> Tai Chi - Yoga Kelly		<i>*Lunchtime Express</i> Tai Chi - Yoga Caroline		<i>*Lunchtime Express</i> Hip Hop Yoga- Kelly	
5:15 p.m.		Cardio Wild Card Kelly		Yoga-Core Fusion Kelly		
6:00 p.m.	Spin Lila			6:15 pm Spin Blast Lila		

CLASS DESCRIPTIONS:

All classes (except Tai Chi-Yoga) are 55 minutes

**Lunchtime Express Yoga classes are 45 minutes in length*

Aqua Fit - Water aerobics class held in our heated indoor pool. This easy-on-the-joints class is a great mix of aerobic and strengthening exercises.

Cardio Combo - Cardio combo is an interval training class, combining cardio and weights.

Cardio Sculpt - Cardio workout with plenty of strengthening exercises for sculpting those muscles.

Cardio Wild Card - Never get bored here as fitness fun ensues with a variety of different formats each week.

Pilates - If you need a stronger core and are looking for long lean muscles, this total body workout will assist you with that quest while also burning lots of calories.

Senior Chair Flair - Chair based exercises that provide a good workout for all ages, safe for our healthy Seniors.

Zumba - Using upbeat music with cardio exercise, Zumba is aerobic dancing that is fun and easy to learn

Silver Sneakers - Chair based muscular strength and range of motions exercises for our healthy Seniors.

Spin Blast - A great combination of spinning and strengthening exercises.

Spin - This is an excellent and high energy cardio workout on our stationary spin bikes.

Tai-Chi Yoga - Come enjoy a noontime express class and a great mid-day de-stressor!

Hip Hop Yoga - Enjoy blending yoga, dance and plyometrics to this energizing cardio yoga class. Non-traditional upbeat music will be utilized to bring lots of energy to the class!

Yoga - From a gentle approach (safe for our Seniors) to a more challenging Vinyasa flow format, each class will offer something slightly different with all the benefits.

"Yoga-Core Fusion" adds more focused core work.

Fitness Center Hours: Monday - Friday 6AM-8PM

Saturday – Sunday 8AM—6PM

Adult Lap Swim Hours: Mon – Fri 9:30 a.m. - 12:00 Noon

Children Allowed In Pool areas with Guardian after 12:00 p.m. Mon - Fri / After 10am Sat & All Day Sun

Must be 15 years old to use gym. Pool Area Closed for Cleaning 2:00 – 2:30 p.m. Monday through Saturday.

