

Fitness Class Schedule.

SPORTS COMPLEX HOURS

Mon - Fri 6am-8pm | Sat - Sun 7am-8pm
Indoor pool closes daily at 7:30pm.

Class schedule subject to change and will vary during the holidays.

MONDAY

| | | |
|--------|------------------------------------|----------------|
| 8:15am | BODY SCULPT | Sports Complex |
| 9am | INTERMEDIATE/ADVANCED ADULT TENNIS | Tennis Courts |
| 9:30am | AQUA FIT | Outdoor Pool |
| 9:30am | GENTLE YOGA | Sports Complex |
| 5pm | CHI GONG | Sports Complex |
| 6pm | YOGA MEDITATION | Sports Complex |
| 7pm | LIVE ENTERTAINMENT | The Great Hall |

TUESDAY

| | | |
|---------|---------------------------|----------------|
| 8:15am | CYCLE & ABS | Sports Complex |
| 9am | ADVANCED ADULT TENNIS | Tennis Courts |
| 9:30am | AQUA FIT | Outdoor Pool |
| 9:30am | FLOW YOGA | Sports Complex |
| 10:30am | INTERMEDIATE ADULT TENNIS | Tennis Courts |
| 11:15am | INTRODUCTION TO GOLF | Golf Course |
| 11:15am | DANCIN' AT GPI | Sports Complex |
| 7pm | LIVE ENTERTAINMENT | The Great Hall |

WEDNESDAY

| | | |
|---------|------------------------------------|----------------|
| 8:15am | BODY SCULPT | Sports Complex |
| 9am | INTERMEDIATE/ADVANCED ADULT TENNIS | Tennis Courts |
| 9:30am | AQUA FIT | Outdoor Pool |
| 9:30am | CLASSICAL YOGA | Sports Complex |
| 11:15am | INTRODUCTION TO GOLF | Golf Course |
| 11:30am | YIN/YOGA NIDRA | Sports Complex |
| 6pm | YOGA CORE | Sports Complex |
| 7pm | LIVE ENTERTAINMENT | The Great Hall |

THURSDAY

| | | |
|---------|---------------------------|----------------|
| 8:15am | INSTRUCTOR'S CHOICE | Sports Complex |
| 9am | ADVANCED ADULT TENNIS | Tennis Courts |
| 9:30am | AQUA FIT | Outdoor Pool |
| 9:30am | FLOW YOGA | Sports Complex |
| 10:30am | INTERMEDIATE ADULT TENNIS | Tennis Courts |
| 11:15am | INTRODUCTION TO GOLF | Golf Course |
| 11:30am | BALANCE | Sports Complex |
| 6:00pm | YOGA BASICS | Sports Complex |
| 7pm | LIVE ENTERTAINMENT | The Great Hall |

FRIDAY

| | | |
|---------|----------------------|----------------|
| 8:15am | BODY SCULPT | Sports Complex |
| 9:30am | AQUA FIT | Outdoor Pool |
| 9:30am | GENTLE YOGA | Sports Complex |
| 11:15am | INTRODUCTION TO GOLF | Golf Course |
| 7pm | LIVE ENTERTAINMENT | The Great Hall |

SATURDAY

| | | |
|---------|---------------------------|----------------|
| 8:45am | 567 BROADWAY! | Sports Complex |
| 9am | ADVANCED ADULT TENNIS | Tennis Courts |
| 10am | CLASSICAL YOGA | Sports Complex |
| 10:30am | INTERMEDIATE ADULT TENNIS | Tennis Courts |
| 11:15am | INTRODUCTION TO GOLF | Golf Course |
| 7pm | LIVE ENTERTAINMENT | The Great Hall |

SUNDAY

| | | |
|--------|--------------------|----------------|
| 9:30am | FLOW YOGA- 60 MIN. | Sports Complex |
| 7pm | LIVE ENTERTAINMENT | The Great Hall |

AQUA FIT

The water becomes the optimal gym environment. The resistance and buoyancy of the water will leave you refreshed and energized. *Located at the Outdoor Pool, weather permitting.* **60 mins.**

BALANCE

Infusing Tai Chi with muscle strengthening movement to improve core strength, balance and coordination. **60 mins.**

BODY SCULPT

Total body strength training. Great for beginners or conditioned athletes. **60 mins.**

CHI GONG

Combining basic Chi Gong moves and a mix of trending exercises, these full-bodied movements with mindful breathing make this class enjoyable for all levels of fitness. **60 mins.**

CLASSICAL YOGA

This style of yoga is based on the Sivananda lineage, incorporating mindful breathing and relaxation with stretching, sun salutations and classical yoga postures. All levels are welcome. **90 mins.**

CYCLE & ABS

This class includes interval cycle drills and midsection movement focusing on abs and backs. **60 mins.**

DANCIN' AT GPI

Have you always wanted to take a dance class and feel energized? Join Conny Andres as she teaches fun & easy-to-learn dance combinations inspired by the musical theatre stage. All ages & skill levels are welcome. **60 mins.**

FLOW YOGA

Focus on alignment with the breath as you move in and out of a flow of postures. Some experience is helpful. **90 mins.** Wednesday and Sunday are **60 minutes.**

GENTLE YOGA

Restorative, progressive stretching and strengthening that helps eliminate chronic pain and tension. This is a safe class for all abilities. **60 mins.**

INSTRUCTOR'S CHOICE

This "wild card" workout could include cardio, weights, intervals, step, cycle, HIIT and/or outdoor training. **60 mins.**

INTRODUCTION TO GOLF R

Let our golf professionals open the world of golf to you. This introduction to the game of golf is a clinic that covers basic rules, etiquette and the PGAs of golf (posture, grip and alignment). Clubs will be provided. Proper golf attire is required. **45 mins.** Weather permitting.

Please call 24 hours in advance to sign up at **EXT. 1034.**

TENNIS R S

ADVANCED TENNIS CLINIC | Qualified players will enjoy our most aggressive clinic. Levels 3.5-4.0 and up. **90 mins.**

INTERMEDIATE/ADVANCED TENNIS CLINIC | If you're at a 3.0 level, you'll get a great workout with fast moving drills, lots of reps and tips to make you a more advanced player. Levels 3.0 - 3.5. **90 mins.**

INTERMEDIATE ADULT CLINIC | Enjoy lots of drills, point play, and fundamental instruction. Levels 2.5 - 3.0. **90 mins.**

YIN/YOGA NIDRA

This restorative class offers a peaceful 30-minutes of Yin Yoga, prepping for 30-minutes of Yoga Nidra, a guided meditation to promote sleep and relaxation. **60 mins.**

YOGA BASICS

Learn basic yoga postures using props and paying attention to alignment. This class is good for first time yogis. **60 mins.**

YOGA CORE

A fast paced and full-body workout. Focus on the breathwork and mindfulness of yoga, while connecting mind and body to the moment. Core yoga offers a bit of everything including stretching and classical yoga poses, all in a casual atmosphere. **60 mins.**

YOGA MEDITATION

Join yoga asanas with breathwork, guided imagery and silent meditation to stretch, strengthen and steady your mind. **60 mins.**

567 BROADWAY!

A dance fitness class to strengthen the body and mind through the joy of dance and the power of music. **60 mins.**