

# FITNESS CENTER - STUDIO A - APRIL SCHEDULE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>8:00AM</b>	<i>Barre Fusion</i> (Robin)	<i>Barre With a Twist</i> (Terry M.)	<i>Barre Fusion</i> (Robin)	<i>Barre, Core &amp; More</i> (Hollie)	<i>Barre Tone &amp; Tighten</i> (Terry M.)		
<b>9:00AM</b>	<i>Barre Fusion</i> (Robin)	<i>Pilates</i> (Terry W.)	<i>Barre Fusion</i> (Robin)	<i>Glutes &amp; Abs</i> (Michelle)	<i>Balance, Core &amp; Stretch</i> (Julie M.)	<i>Hatha Yoga</i> (Mariah)	<i>Gentle Yoga</i> (Mariah)
<b>10:00AM</b>	<i>Pilates</i> (Judie)	<i>Gentle Yoga</i> (Robin)	<i>Vinyasa Yoga/Flow</i> (Luisella)	<i>Vinyasa Yoga</i> (Luisella)	<i>Golf &amp; Tennis Conditioning</i> (Steph)		
<b>11:00AM</b>	<i>Balance, Core &amp; Stretch</i> (Hollie)	<i>Chair Fitness</i> (Janice)	<i>Golf &amp; Tennis Conditioning</i> (Donna)	<i>Gentle Yoga</i> (Robin)	<i>Yoga Fusion</i> (Luisella)		
<b>12:00PM</b>	<i>Power Yoga Flow</i> (Donna)		<i>Qigong/MELT</i> (Janice/Terry W.)				
<b>4:30PM</b>	<i>Power Rock Yoga</i> (Pete)		<i>Gentle Yoga</i> (Robin)				
<b>5:00PM</b>							
<b>5:30PM</b>							

Hours of Operation  
 5:30am-8:00pm (Mon-Thurs)  
 5:30am-7:00pm (Fri)  
 7:00am-5:00pm (Sat & Sun)



Visit us at [Lakewoodranchgolf.com](http://Lakewoodranchgolf.com)  
 8256 Legacy Blvd. LWR, FL, 34202  
 (941) 907-2825

## STUDIO A - CLASS DESCRIPTIONS

### **Balance, Core & More - Balance, Core & Stretch**

Utilizing weights, Swiss balls and other props, this class will help strengthen, tighten and tone your core muscles.

### **Vinyasa Yoga/Vinyasa Flow**

A combination of flowing yoga poses that lengthen, tone, and strengthen the body. Focus on breathing through the movements.

### **Golf & Tennis Conditioning**

An athlete's class focused on exercises that enhance golf, tennis, and athletic performance.

### **Hatha Yoga**

Integrating breath, all levels of posture, mental stamina, and emotional well-being to enhance core strength and balance in daily activities.

### **Barre Fusion**

Practice and implement classic barre/dance movements that strengthen and lengthen your body.

### **Gentle Yoga**

A variety of yoga poses focused on awakening and stretching the muscles. This class is suited to all levels, and focuses on breathing, movement, and wellness.

### **Pilates**

Bases on the principles of Joseph Pilate, this class teaches proper Pilates methodologies to tone and tighten the body.

### **Barre Tone & Tighten**

A class that mixes classic barre movements to strengthen and tone the mind and body.

### **Chair Fitness**

Using a chair, weights, bands and coordination exercises to enhance flexibility, strength, brain balance and relaxation. A fun to stay fit anywhere you sit.

### **Yoga Fusion**

An immersive variation of yoga poses fit for all levels. This class will focus on breathing, strength, movement and flowing through a variety of poses.

### **Glutes & Abs**

Focus on core strength and glute toning to aid with overall strength and balance.

### **Power Yoga Flow**

A invigorating and dynamic form of yoga that emphasizes strength, flexibility, and balance. This class is designed to synchronize breath with movement, creating a seamless flow of postures that can help enhance overall physical and mental well-being.

### **Power Rock Yoga**

Power yoga flow incorporating stretching, flowing powerful asanas, deep stretches and a shavasana, all done to a fun, rock song list.

### **Qigong/MELT**

QiGong is a traditional Chinese practice combining gentle movements, breathing and meditation. MELT is a relaxation class that helps resolve specific pain issues through small, precise movements. It is done on a floor mat.

### **Barre With a Twist**

A class that mixes classic barre movements with yoga poses and movements for all levels of fitness.

FITNESS CENTER - STUDIO B - APRIL SCHEDULE							
TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:00AM		<i>Hard Core Strength</i> (Pete)					
8:00AM	<i>Cardio Blast</i> (Jordan)	<i>H.I.I.T.</i> (Lisa)	<i>Pump It Up</i> (Donna)	<i>Cardio Strength Fusion</i> (Lisa)	<i>Cardio Blast</i> (Hollie)	<i>H.I.I.T.</i> (Donna)	
9:00AM	<i>R.I.P.P.E.D.</i> (Steph)	<i>Cardio Strength Fusion</i> (Julie M.)	<i>Circuit Training</i> (Jordan)	<i>Tabata</i> (Julie M.)	<i>Circuit Training</i> (Hollie)	<i>Tabata</i> (Julie M.)	<i>Cardio Strength Fusion</i> (Jordan)
10:00AM	<i>Zumba</i> (Jackie)	<i>Strong &amp; Stable for Golf &amp; Tennis</i> (Hollie)	<i>Zumba</i> (Jackie)	<i>Zumba</i> (Jackie)	<i>Zumba</i> (Michelle)	<i>Zumba</i> (Michelle D.)	
11:00AM		<i>Zumba</i> (Michelle)					
4:30PM	<i>S.U.S.</i> (Judie)		<i>H.I.I.T.</i> (Mike)				
5:00PM							
5:30PM		<i>Zumba</i> (Silvia)					

## STUDIO B - CLASS DESCRIPTIONS

### **Pump It Up**

PUMP IT UP is a fast-paced, body bar/hand weight/band-based workout specifically designed to help you get lean, toned and fit.

### **H.I.I.T.**

A high intensity interval training (H.I.I.T.) - A challenging combination of strength and cardio using timed intervals

### **Cardio Strength Fusion**

A combination of cardio and strength exercises designed to give you a total body workout.

### **S.U.S. - Straight Up Strength**

A strength class that will push your muscular endurance by implementing high repetition of challenging strength exercises.

### **Tabata**

A cardio and strength workout that implements short bursts of high intensity with periods of rest, designed to maximize both cardio and strength abilities.

### **Cardio Blast**

A combination of cardio and strength training that will challenge both your cardiovascular and muscular endurance.

### **Zumba**

Latin dance cardio class designed with fun routines that keep participants burning calories while having fun.

### **Circuit Training**

A variety of high intensity intervals that combine cardio and strength exercises.

### **R.I.P.P.E.D.**

Total body strength and cardio workout. Resistance, intervals, power, plyometrics, endurance and diet.

### **Strong & Stable for Golf & Tennis Conditioning**

A combination of stretch, core and balance work to develop stabilization and a stronger core foundation. An athlete's class focused on exercises that enhance golf, tennis, and athletic performance.

### **Hard Core Strength**

A challenging strength training-based class for people looking to enhance their fitness levels through power and resistance training.

## FITNESS CENTER - STUDIO C & D - APRIL SCHEDULE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>7:15AM</b>					<i>Spin/Cycle</i> (Susie) <b>**45 Minutes**</b>		
<b>*9:00AM Studio D*</b>	<i>*Barre</i> (Julie M.) *		<i>*Barre</i> (Julie M.) *				
<b>9:00AM</b>	<i>Spin/Cycle</i> (Jordan)	<i>Spin/Cycle</i> (Steph)	<i>Spin/Cycle</i> (Susie)	<i>Spin/Cycle</i> (Michelle)	<i>Spin/Cycle</i> (Steph)		<i>Spin/Cycle</i> (Mike)
<b>10:00AM</b>						<i>Spin/Cycle</i> (Pete)	
<b>5:30PM</b>	<i>Spin/Cycle</i> (Judie)						

### STUDIO C - CLASS DESCRIPTIONS

#### Spin/Cycling

An exhilarating Indoor cycle ride guided by motivating instructors, combined with strength training exercises for the lower body only.

#### Barre

Practice and implement classic barre/dance movements that strengthen and lengthen your body.

FITNESS CENTER - AQUA - APRIL SCHEDULE									
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TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9:00AM	Aqua Fit (Terry S.)	Aqua Fit (Michelle)	Aqua Fit (Donna)	Aqua Fit (Michelle)	Aqua Fit (Suzanne)		
10:00AM	Aqua Fit (Terry S.)			Aqua Fit (Michelle)		Aqua Fit (Mariah)	
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*Studio D is found upstairs. Staff will provide directions upon request.*

AQUA CLASS DESCRIPTIONS	
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**Aqua Fit**

A stretch, no impact cardio, barre, balance and core class designed for the aqua curriculum.