

# FITNESS CENTER - STUDIO A - FEBRUARY 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>Glutes &amp; Abs</i> (Michelle)			
<b>9:00AM</b>	<i>Barre Fusion</i> (Robin)	<i>Pilates</i> (Terry W.)	<i>Barre Fusion</i> (Robin)	<i>Barre, Core &amp; More</i> (Hollie)	<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)						
<b>4:30PM</b>			<i>Gentle Yoga</i> (Robin)				
<b>5:00PM</b>							
<b>5:30PM</b>	<i>Barre</i> (Mariah)						

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**

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 With A Twist**

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

### **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.

### **Flexibility & Stability for Athletes**

Stretching and core work to enhance athletic performance both on and off the courts and course.

### **Power Flow Yoga**

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.

# FITNESS CENTER - STUDIO B - FEBRUARY SCHEDULE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:00AM							
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> (Alisha)	
9:00AM	<i>Cardio Strong</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>Zumba</i> (Michelle D.)	<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>Tabata</i> (Julie M.)	
11:00AM	<i>Zenergy</i> (Michelle M.)	<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.

### **Cardio Strong**

Combined cardio and total body conditioning. General warm up then cardio dance, upper body strength, cardio kick, lower body, core and finished with a cool down.

### **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.

### **Zenergy**

A fast-paced mind & body class that combines Tai Chi, yoga and pilates style movements with strength, flexibility, and balance training.

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

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

## STUDIO C - CLASS DESCRIPTIONS

[illegible]

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

