

FITNESS CENTER - STUDIO A - APRIL SCHEDULE

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

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
 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 & Stable for Golf & 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
7:15AM					<i>Spin/Cycle</i> (Susie) **45 Minutes**		
9:00AM Studio D	<i>*Barre</i> (Julie M.) *		<i>*Barre</i> (Julie M.) *				
9:00AM	<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)
10:00AM						<i>Spin/Cycle</i> (Pete)	
5:30PM	<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

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9:00AM	<i>Aqua Fit</i> (Terry S.)	<i>Aqua Fit</i> (Michelle)	<i>Aqua Fit</i> (Donna)	<i>Aqua Fit</i> (Michelle)	<i>Aqua Fit</i> (Suzanne)		
10:00AM	<i>Aqua Fit</i> (Terry S.)			<i>Aqua Fit</i> (Michelle)		<i>Aqua Fit</i> (Mariah)	

Studio D is found upstairs. Staff will provide directions upon request.

AQUA CLASS DESCRIPTIONS

Aqua Fit

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