

FITNESS CENTER - STUDIO A - MARCH SCHEDULE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:00AM	<i>Barre Fusion</i> (Robin)	<i>Balance Core & More</i> (Lisa)	<i>Barre Fusion</i> (Robin)	<i>Glutes & Abs</i> (Alisha)			
9:00AM	<i>Barre Fusion</i> (Robin)	<i>Pilates</i> (Terry W.)	<i>Barre Fusion</i> (Robin)	<i>Pilates</i> (Janice)	<i>Pilates</i> (Mariah)	<i>Hatha Yoga</i> (Mariah)	<i>Gentle Yoga</i> (Mariah)
10:00AM	<i>Pilates</i> (Judie)	<i>Gentle Yoga</i> (Robin)	<i>Vinyasa Yoga</i> (Luisella)	<i>Yoga Fusion</i> (Janice)	<i>Golf and Tennis Conditioning</i> (Steph)		
11:00AM	<i>Stretch & Tone</i> (Hollie)	<i>Chair Fitness</i> (Janice)		<i>Gentle Yoga</i> (Robin)	<i>Yoga Fusion</i> (Luisella)		
12:00PM	<i>Qigong Fusion</i> (Janice)		<i>Melt</i> (Terry W.)				
4:30PM			<i>Gentle Yoga</i> (Robin)				
5:30PM		<i>Power Yoga</i> (Hilary)					
6:00PM							

Hours of Operation
 5:30am-9:00pm (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

Stretch & Tone

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

Vinyasa Yoga/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.

Strong & Stable

A combination of stretch, core, and balance work to develop stabilizers and a stronger foundation

Integral/Hatha Yoga

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

Power Yoga

A fun, challenging yoga class designed to enhance peak sports performance, and promote balance, strength and coordination in daily life.

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.

Melt

MELT is a gentle self-treatment technique that enhances mobility, stability, and performance and is clinically proven to reduce chronic pain while restoring overall wellbeing.

Qigong Fusion

This class combines Tai Chi with qigong principle, postures, forms, and meditation to enhance core strength, balance, mental concentration and well-being.

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.

FITNESS CENTER - STUDIO B - MARCH SCHEDULE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:00AM							
8:00AM	<i>Cardio Blast</i> (Jordan)	<i>Tabata</i> (Julie M.)	<i>Pump It Up</i> (Hollie)	<i>Cardio Strength Fusion</i> (Lisa)	<i>Pump It Up</i> (Hollie)	<i>Cardio/H.I.T.T.</i> (Alisha)	
9:00AM	<i>R.I.P.P.E.D.</i> (Steph)	<i>Cardio Strength Fusion</i> (Alisha)	<i>Circuit Training</i> (Jordan)	<i>Tabata</i> (Julie M.)	<i>Circuit Training</i> (Hollie)	<i>Cardio Strength Fusion</i> (Jen B.)	<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)		
11:00AM	<i>Balance & Core</i> (Jackie)	<i>Zumba</i> (Michelle)	<i>Strong & Stable for Golf & Conditioning</i> (Steph)				
4:30PM	<i>S.U.S.</i> (Judie)			<i>H.I.I.T.</i> (Mike)			
5:30PM							
6:00PM							

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/Cardio Dance

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.

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.

Balance & Core

A fun class for all levels using techniques to improve balance & core strength while incorporating breathing techniques.

Strong & Stable

A combination of stretch, core and balance work to develop stabilization and a stronger core foundation.

Golf & Tennis Conditioning

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

FITNESS CENTER - STUDIO C - MARCH SCHEDULE									
--	--	--	--	--	--	--	--	--	--

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:15AM					Spin/Cycle (Susie) **45 Minutes**		
8:00AM							
9:00AM	Spin/Cycle (Jordan)	Spin/Cycle (Steph)	Spin/Cycle (Susie)	Spin/Cycle (Alisha)	Spin/Cycle (Steph)	Spin/Cycle (Alisha)	Spin/Cycle (Mike)
5:30PM	Spin/Cycle (Judie)		Spin/Cycle (Jordan)				

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.

Spintensity

Shortened classes to jump start your day. High intensity intervals on the bike and light stretching.

FITNESS CENTER - AQUA - MARCH SCHEDULE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9:00AM							
10:00AM	<i>Fish Out of Water</i> (Janice)		<i>Fish Out of Water</i> (Beth)		<i>Fish Out of Water</i> (Julie M.)	<i>Fish Out of Water</i> (Mariah)	
11:00AM							

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

STUDIO D DESCRIPTIONS

Fish Out of Water

A stretch, low impact cardio, barre, balance, and core class designed after the aqua curriculum.