



FITNESS CLASS SCHEDULE

	MON	TUES	WED	THURS	FRI	SAT	SUN
8:00 - 8:30am	Body Sculpt Weight Training	High Intensity Interval Training (8:00 - 8:50am)	Body Sculpt Weight Training	High Intensity Interval Training (8:00 - 8:50am)	Body Sculpt Weight Training	Dolphin Yoga	
8:30 - 9:00am	Body Sculpt Weight Training		Body Sculpt Weight Training		Body Sculpt Weight Training		
9:10 - 10:00am	Water Fitness*	Let's Have a Ball	Water Fitness*	The Elements of Balance	Core Crazy Abs	Zumba Fitness Water Fitness*	Vinyasa Flow Yoga (9:00am)
10:30am	Stretch Fusion	Gentle Hatha Yoga	Body Fusion		Slow Flow Yoga	Grace Anatomy Stretching	
4:30 - 5:30pm	Pilates with Small Apparatus		Body Alignment Yoga/Stretch	Vinyasa Flow Yoga			

THE LODGE SPINNING STUDIO CLASSES

9:10 - 10:00am	Spinning	Spinning Light	Spinning	Spinning Light	Spinning	Let's Get Kickin ADVANCED	
5:30 - 6:30pm			Spinning				

CLASSES ARE LIMITED.
To ensure a spot, call to sign up:

386.246.5589

Resort Guest Class Fee \$10 each | Guest of Member Fitness Facility Use \$10 per day
Dolphin Yoga Class Fee \$35 each, Members will receive a 20% discount

Class schedule and instructors subject to change without notice. Schedule effective 8/11/14.
*Please check with the Fitness Center a week in advance for water fitness times and location.

FITNESS CLASSES

FOR QUESTIONS OR HELP DECIDING WHICH CLASS IS BEST FOR YOU, CALL 386.246.5589

Body Alignment Yoga/Stretch: This is a 55 minute class that utilizes elements of Yoga stressing breath control as part of the routine but is not a "Yoga" class in the traditional sense. The instructor instead focuses on more traditional stretches but incorporating the breath control and mind body connection you experience in Yoga.

Body Fusion: This is a combination of yoga, pilates and cardiovascular moves designed to sculpt muscle, burn fat and tone the entire body.

Body Sculpt/Weight Training: This is a 25 minute class and each class offered on the same day is identical. After a brief warm up, the instructor leads a series of exercises targeting specific areas utilizing dumbbells, barbells and body weight to provide resistance. The instructor emphasizes form over amount of weight to insure a safe but effective workout. Be prepared to sweat and get a little sore.

Core Crazy Abs: In this 50 minute class prepare to bombard your abs, obliques, lower back with core strengthening and toning exercises. A few weeks of this class and it will be time to buy a new belt.

Dolphin Yoga: In partnership with Marineland, this class is for participants of all levels and will be held outdoors on the multi-tiered observation deck on the east side of the complex. Mats will be provided but participants are welcome to bring their own. Participants should prepare for the outdoors and bring water and a towel. Registered participants should arrive at Marineland by 7:50am, keeping in mind that the complex does not open until 9 am and only registered participants will be allowed into the complex. In the event of cold or rainy weather there will be a make up day on Sunday at 8:00am.

Elements of Balance: This class emphasizes the functional integration of core muscles incorporating balance, flexibility, dynamic stretching and body awareness.

Gentle Hatha Yoga: This yoga class involves a series of slow stretches and poses focused on meditation and breathing. While many participants attending this class are very skilled, you can participate if you have not previously attended a yoga class.

Grace Anatomy Stretching: Known as "Walter's Stretch Class," this class is so popular that most weeks we relocate to a larger room. During the hour, Walter takes participants through stretching, relaxation and meditation techniques to relieve tension.

High Intensity Interval Training (HIIT): This workout is a metabolic-based training program designed to fire up your muscles and metabolic rate to create a leaner, healthier you. This is not another cross fit or bootcamp class, HIIT is designed to work multiple muscle groups in an effort to maximize calorie burn and increase metabolic rate during and after the workout.

Let's Get Kickin Spinning: This is an advanced 50 minute class to help you knock some of the rust off of your Friday night frolicking at the Lobby Bar. High intensity Sprints and Time Trial Riding.

Let's Have a Ball: As the name implies, this class is fun and utilizes stability balls, one of the most versatile pieces of equipment. A stability ball employs the neuromuscular system in a way that no other piece of exercise equipment can. It incorporates the use of multiple muscle systems, neurologically induced muscular responses, normal and natural process of balance and establishing, restoring and maintaining balance.

Pilates with Small Apparatus: Centering, control, flow, breath, precision and concentration are the core principles of Pilates, stressing quality of movement over quantity. The instructor uses a variety of training aids for an outstanding, safe workout.

Spinning: Top-notch instructors, invigorating music and visualization come together to make spinning class both fun and effective. This is a great class for every fitness level.

Spinning Lite: This is designed to allow your body to actively recover from intense workouts. This ride features spinning at a high cadence (75-85) with low resistance; flats, and no hills. These rides will keep the blood moving, and keep you strong and energized for your hard rides.

Stretch Fusion: A 45 minute combination of static, dynamic and yoga flexibility techniques and routines to provide a totally limber you.

Vinyasa Flow Yoga: Vinyasa means "breath synchronized movement." This 55 minute class involves a series of poses that are connected by breath and require some prior experience in order to feel totally comfortable in the class.

Water Fitness: The make up of this class varies from instructor to instructor, but the basics involve a warm up phase, cardio training, toning and strengthening exercises done in the comfort of a heated pool (typically 84 degrees). Seasonally, the indoor pool hosts the majority of classes but in summer the class moves to the South Tower or Upper Deck Pool. In the event the class is outside, please consider applying sunscreen, wearing a hat and sunglasses.

Zumba® Fitness: When participants see a Zumba class in action, they can't wait to give it a try. Zumba classes feature exotic rhythms set to high-energy Latin and international beats. Before participants know it, they are getting fit and their energy levels are soaring! There is no other fitness class like a Zumba fitness-party. It's easy to do, effective and totally exhilarating, often building a deep-rooted community among returning students.

Hammock Beach | 200 Ocean Crest Drive | Palm Coast, FL 32137

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