



Hammock Beach™

A Salamander® Resort

# FITNESS CLASSES SEPTEMBER



MON	TUES	WED	THURS	FRI	SAT	SUN
Tabata Toning 8:00 - 8:50am Metabolic Conditioning 8:00 - 8:50am	High Intensity Interval Training 8:00 - 8:50am	Synergy Fitness 8:00 - 8:50am	High Intensity Interval Training 8:00 - 8:50am	Synergy Fitness 8:00 - 8:50am	Functional Balance & Flexibility 8:00 - 8:50am	
PiYo 1.0 Fusion 9:00 - 9:50am Water Fitness <sup>1</sup> 9:00 - 9:50am	Stability Ball Fit 9:00 - 9:50am	Water Fitness* 9:00 - 9:50am Cardio Sculpt 9:00 - 9:50am	Functional Balance & Flexibility 9:00 - 9:50am H2O Tabata 9:00 - 9:50am	Solid CORE 9:00 - 9:50am Aqua Zumba 9:00 - 9:50am	Water Fitness <sup>1</sup> 9:00 - 9:50am Cardio Yoga 9:00 - 9:50am	Flow Yoga 9:00 - 10:00am
Stretch Fusion 10:30 - 11:20am	LifeFitness Circuit <sup>3</sup> 10:00 - 10:50am Slow Flow Yoga/Meditation 10:00 - 11:30am	Body Fusion 10:10 - 10:50am	Broga (Men's Stretch) 10:30 - 11:20am LifeFitness Circuit 10:00 - 10:50am	Yin Yoga 10:15 - 11:15am	Stretch Fusion 10:30 - 11:20am	
Fit for Life 11:30am - 12:20pm		Fit for Life 11:30am - 12:20pm				
	Chair Yoga 12:00 - 1:00pm		Chair Yoga 12:00 - 12:50pm	Fit for Life 12:30 - 1:20pm		
Broga (Men's Yoga) 3:00 - 3:50pm						
Cardio Yoga 4:30 - 5:20pm	Flow Yoga 4:30 - 5:20pm Tabata Toning 5:30 - 6:20pm		Flow Yoga 4:30 - 5:20pm Strong by Zumba 5:30 - 6:20pm			

## THE LODGE SPINNING STUDIO CLASSES

Spinning 9:10 - 10:00am	Spinning 9:10 - 10:00am	Spinning 9:10 - 10:00am	Spinning Express 9:10 - 10:00am	Spinning 9:10 - 10:00am	Spinning 9:10 - 10:00am	
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CLASSES ARE LIMITED.  
To ensure a spot, call to sign up:  
**386.246.5589**

Guest of Member and Resort Guest Class Fee \$15 | Extended Family Member Class Fee \$10

Class schedule and instructors subject to change without notice. Schedule effective 9/1/2019.

<sup>1</sup> Check with the Fitness Center a week in advance for water fitness times and location.

<sup>2</sup> See attendant for location.

<sup>3</sup> Location TBD.

# FITNESS CLASSES

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

**Aqua Zumba:** Perfect for those looking to make a splash by adding a low-impact, high-energy aquatic exercise to a fitness routine.

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

**Broga:** A yoga class geared for men (where it's okay if you can't touch your toes). Strong, energetic, and challenging; Broga combines the best core-strengthening, muscle-toning, cardio-working, stress reducing, clarity-enhancing yoga postures with functional fitness exercises.

**Cardio Sculpt:** A combination of cardiovascular exercises (aerobics, step and kick boxing) and muscle sculpting exercises.

**Cardio Yoga:** Focuses on deep abdominal engagement and pranayama that brings the body into a state of balance. This class combines power yoga, cardio, tribal dancing, and HIIT into one high energetic workout that targets and tones your muscles. Prepare to sweat! All levels welcome

**Chair Yoga:** A gentle form of yoga performed while seated and or with the aid of a chair.

**Core Pilates Remix:** A combination of traditional Pilates exercises that will enhance your balance, flexibility and core strength for a full body workout.

**Fit for Life:** This light functional class focuses on balance and physical skills for mildly disabled and healthy adults who want to maintain an active lifestyle. Each exercise is performed based on the skill and strength level of participants in a stable environment.

**Flow Yoga:** This mixed-level class starts with a warm-up of breathing and stretching, then builds heat with a series of flow postures designed to enhance flexibility and balance while building core strength and ends with deeper stretching poses and relaxation. All levels welcome.

## **Functional Balance and Flexibility:**

Development of balance through coordination, improvement of range of motion, and development of key muscles to support strength and stability. Don't be fooled this is a workout.

**H2O Tabata:** This 45 minute Aqua-Workout uses Tabata intervals 20/10 to get a great cardio and strength building workout. All levels welcome, and non-swimmers as well.

## **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.

**LifeFitness Circuit:** Conducted by a Fitness Instructor, this class uses the full range of LifeFitness equipment to improve your muscle strength and endurance.

**Metabolic Conditioning:** Metabolic conditioning workouts are just the right mix of tough but doable exercises. NO jumping and NO transitions to the ground, but burning plenty of calories and building beautiful muscle tone. This class uses 3 to 5 pound weights.

**PiYo 1.0 Fusion:** Combines the muscle-sculpting, core-firming benefits of Pilates with the strength and flexibility advantages of yoga. It has a little speed and a whole lot of fun to take you from plateau to a fat-burning, low-impact workout that leaves your body looking long, lean and incredibly defined. No weights, no jumps just results and a whole lot of fun.

## **Slow Flow Yoga and Meditation:**

Mindfully connecting the breath with movement, while building strength and balance. Class concludes with meditation.

**Solid Core:** A class designed to focus on core strengthening and toning.

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

**Stability Ball Fit:** This is a fun mid-level class that incorporates the use of a stability ball for the entire duration of the class. The exercises are core intensive.

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

**Strong by Zumba:** STRONG by Zumba is NOT A DANCE-BASED class. STRONG by Zumba is a High Intensity Interval Training class using more traditional fitness moves for a more athletic, conditioning-style workout.

**Synergy Fitness:** A total body conditioning class designed with cardio and strength exercises using a mixed variety of equipment (weights, bands, bars, and balls).

**Tabata Toning:** A true Tabata formatted full-body challenge. This class follows the traditional 20 seconds of work, 10 seconds of rest interval style training routine. Perfect for incorporating higher intensity aerobic activity with cardio and strength training into your weekly regimen.

**Total Body Pump:** This total body workout uses light to moderate weighted body bars with lots of repetitions to sculpt all the major muscle groups and keep your heart pumping.

**Water Fitness:** This class varies from instructor to instructor, but the basics involve a warm up, cardio training, toning and strengthening exercises done in the comfort of a heated pool (typically 84 degrees). Seasonally, the indoor pool hosts 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.

**Yin Yoga:** A slow paced yoga practice where floor poses are held several minutes, targeting the joints, connective tissues and fascia.

Hammock Beach | 200 Ocean Crest Drive | Palm Coast, FL 32137 | 386.246.5589 | HammockBeach.com



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