



Hammock Beach™

A Salamander® Resort

WINTER FITNESS CLASS SCHEDULE



MON	TUES	WED	THURS	FRI	SAT	SUN
Body Toning 8:00 - 8:50am Body Bar and Sculpt ³ 8:00 - 8:50am	High Intensity Interval Training 8:00 - 8:50am	Mixed Madness 8:00 - 8:50am	High Intensity Interval Training 8:00 - 8:50am	Body Sculpt Weight Training 8:00 - 8:50am	The Elements of Balance 8:00 - 8:50am	
PiYo 1.0 Fusion 9:00 - 9:50am Water Fitness ¹ 9:00 - 9:50am	Let's Have a Ball 9:00 - 9:50am	Water Fitness* 9:00 - 9:50am Hammock Beach 3-2-1 ³ 9:00 - 9:50am Step N Sculpt 9:10 - 10:00am	The Elements of Balance 9:00 - 9:50am	Pilates Core ³ 9:00 - 9:50am Core Crazy Abs 9:00 - 9:50am Aqua Zumba 9:00 - 9:50am	Water Fitness ¹ 9:00 - 9:50am Cardio Yoga 9:00 - 9:50am	Flow Yoga 9:00 - 10:00am
Stretch Fusion 10:30 - 11:20am	LifeFitness Circuit ³ 10:00 - 10:50am Hatha Yoga 10:00 - 11:30am	Body Fusion 10:10 - 10:50am	Full Body Stretch (Men's Stretch) 10:00 - 10:50am	Yin Yoga 10:15 - 11:15am	Zumba 10:00 - 10:50am Stretch Fusion 10:30 - 11:20am	
Fit for Life 11:30am - 12:20pm		Fit for Life 11:30am - 12:20pm	PiYo 1.0 Fusion 11:00 - 11:50am			
	Chair Yoga 1:00 - 1:50pm		Chair Yoga 12:00 - 12:50pm	Fit for Life 12:30 - 1:20pm		
Broga (Men's Yoga) 3:00 - 3:50pm						
Pilates 4:30 - 5:20pm	Flow Yoga 4:30 - 5:30pm	Body Alignment Yoga/Stretch 4:30 - 5:20pm	FlowYoga 4:30 - 5:30pm			

THE LODGE SPINNING STUDIO CLASSES

Spinning 9:10 - 10:00am	Spinning 9:10 - 10:00am	Spinning 9:10 - 10:00am	Spinning Express 9:10 - 9:50am	Spinning 9:10 - 10:00am	Spinning 8:00 - 8:50am 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 2/18/19.

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

² See attendant for location.

³ 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 their fitness routine.

Body Alignment Yoga/Stretch: This class 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 Bar and Sculpt: Grab a Body Bar and a mat and get ready for a full body workout routine. This class is designed to tone, strengthen, and incorporate balance and flexibility techniques.

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 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: Ground your mind and body with chair Yoga flow. Perfect for all levels and doshas, chair yoga is a great way to relax from head to toe. Open your hips, move your shoulders and neck, and find length in your spine with chair yoga flow.

Core Crazy Abs: Prepare to bombard your abs, obliques, and lower back with core strengthening and toning exercises.

Elements of Balance: 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.

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.

Full Body Stretch: This class is designed to provide a full body stretch routine focusing on the areas critical for mobility. Your lower extremities, shoulders, neck and lower back will also be worked in this 50-minute class.

Hammock Beach Bootcamp: Challenge yourself with this fast-paced, calorie-blasting workout. Hammock Beach Boot Camp is designed with all fitness levels in mind. Modifications are always offered for the beginner to the advanced.

Hammock's Exercise Toy Box: A mid-level class utilizing the stability ball, weight bars, dumbbells and resistance bands for a full-body workout designed to strengthen and tone the body.

Hatha Yoga: A traditional yoga class including breathing exercises (pranayamas) and concludes with 30 minutes of guided meditation. This class is for all levels and is an hour and half long.

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 Have a Ball: 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.

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

Pilates Ballet Toning: A perfect blend of Pilates floor work for core strength building and basic ballet moves for toning the entire body. This is a slow controlled workout that improves posture and body awareness. You work muscles you didn't you had.

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.

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

Step N Sculpt: Work on body conditioning, endurance and resistance training using high-intensity. It targets strength building and muscular endurance.

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

Total Body Trifecta: This 50 minute class is divided into three segments to incorporate cardiovascular, and weight bearing exercise. Starting with a dynamic warm up followed by exercises using weights, body bar, and resistance bands. We concentrate on alignment and end with core strengthening and stretch.

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.

Zumba: Zumba combines high energy and motivating music with unique moves and combinations that allow participants to dance away their worries. Zumba is not only great for the body, but it is also great for the mind. It is a 'feel happy' workout.

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



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