

# APRIL 2025

## Fitness Classes

Hammock Beach<sup>™</sup>  
GOLF RESORT & SPA



MON	TUE	WED	THU	FRI	SAT	SUN
8:00 - 8:50am Weight, Bands, Core & More ↔ HIIT (Outside)	8:00 - 8:50am Tone/Cardio/ Core	8:00 - 8:50am Weight, Bands, Core & More	8:00 - 8:50am Tone/Cardio/ Core	8:00 - 8:50am Weight, Bands, Core & More		
9:00 - 9:50am Aqua Fitness ↔ Flow Yoga	9:00 - 9:50am Aqua Fitness ↔ Total Strength	9:00 - 9:50am Aqua Fitness ↔ Toning with Versa Bands	9:00 - 9:50am Aqua Fitness ↔ Flow Yoga (Light on Wrists)	9:00 - 9:50am Aqua Fitness ↔ Tabata	9:00 - 9:50am Aqua Fitness ↔ Toning with Versa Bands	9:15 - 10:15am Flow Yoga
10:00 - 10:50am Stretch Fusion	10:00 - 10:50am Retro Cardio Aerobics	10:00 - 10:50am Stretch/Balance Fusion	10:00 - 10:50am Stretch Fusion	10:00 - 10:50am Stretch Fusion/ Foam Rolling	10:00 - 10:50am Stretch	10:30 - 11:20am Yoga Sculpt
11:00 - 11:50am Fit for Life	11:00 - 11:50am Yin Yoga/ Restorative	11:00 - 11:50am Fit for Life	11:00 - 11:50am Step Combo	11:00 - 11:50am Fit for Life		
12:00 - 12:50pm Fitness Fusion 360	12:00 - 12:50pm Chair Yoga/ Stretch & Balance	12:00 - 12:50pm Broga Stretch (Male Specific)	12:00 - 12:50pm Chair Yoga/ Stretch & Balance	12:00 - 12:50pm Flow Yoga		
1:00 - 1:50pm Tai Chi Intermediate	1:00 - 1:50pm Ultimate Abs & Glutes	1:00 - 1:50pm Circuit Training	1:00 - 1:50pm Bar, Ball & Bell	1:00 - 1:50pm Tai Chi Intermediate		
4:30 - 5:20pm Yoga Sculpt	4:00 - 4:50pm Flow Yoga	4:30 - 5:20pm Yoga Sculpt	4:00 - 4:50pm Barre Sculpt			

### THE LODGE SPINNING STUDIO CLASSES

9:00 - 9:50am Spinning	9:00 - 9:50am Spinning	9:00 - 9:50am Beginner/ Intermediate	9:00 - 9:50am Spinning	9:00 - 9:50am Elite Spinning	9:00 - 9:50am Elite Spinning	9:00 - 9:50am Pop Cycle
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**CLASSES ARE LIMITED.**

To ensure a spot, call to sign up:

**386.246.5589**

Guest of Member \$15  
Extended Family Member \$10  
Resort Guest \$20

Class schedule and instructors subject to change without notice.  
Schedule effective 03/01/2024.

#### FRIENDLY REMINDER:

Please pre-register in MindBody for Group Fitness classes. Appropriate footwear in Group Fitness class is mandatory in order to prevent injury. Please see Membership Handbook for more information.

#### PERSONAL TRAINING SESSIONS:

Couples Training \$90 | 60-Minute Adult Session \$60 | 30-Minute Adult Session | 60-Minute Teen Session \$50 | 30-Minute Teen Session \$40

# Fitness Classes

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

**Aqua Fitness:** This class involves a warm up phase, cardio training, toning and strengthening exercises all done in the comfort of a heated pool (typically 84 degrees). Seasonally the class will be held at the Upper Deck Pool if the outdoor temperature is over 70 degrees. In the event the class is outside please consider applying sunscreen wearing a hat and sunglasses.

**Beginner/Intermediate Spinning:** Focuses on the foundation of spinning where you learn about cadence, tempo, and much more at your own pace. Reusable water bottle required.

**Broga Stretch (Men):** This class is designed with golfers in mind and teaches basic stretching and relaxation techniques. Focus is placed on increasing flexibility through a variety of postures.

**Chair Yoga/Stretch & Balance:** Chair Yoga is an adapted form of practice that makes yoga accessible to everyone. The chair replaces the yoga mat and becomes an extension of the body, allowing the client to take full advantage of the benefits.

**Circuit Training:** A form of body conditioning that involves endurance training, resistance training, high-intensity aerobics and exercise performed in a circuit that targets strength-building and muscular endurance.

**Elite Spinning:** Enjoy this high intensity, upbeat class designed to keep you motivated and energized. Focused on smooth transitions between fat burn, cardio and anaerobic heart rate zones while staying in sync to the music. Suitable for Intermediate to Advanced riders. Reusable water bottle required.

**Fit for Life:** This light functional class focuses on balance and physical skills for people of all levels who want to maintain an active lifestyle. Each exercise will be performed based on the skill and strength level of participants in a stable environment.

**Fitness Fusion 360:** This combo class focuses on burning calories and fat, while improving the cardiovascular system for better breathing and lung capacity. Build lean muscle, strengthen, enhance balance and improve joint flexibility by fusing forms of low cardio on or off a step, strength training with various equipment and mat floor work for the total core.

**Flow Yoga:** This mixed-levels 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.

**Flow Yoga (Light on Wrists):** Mixed-level class starting with a warm-up of breathwork and stretching. Movements are light on the wrists so that you can move with ease through the asanas. All levels welcome.

**Intro to Tai Chi/Qigong:** Tai Chi consists of standing performing a series of posture or bodily movements in a slow and graceful manner, with each movement flowing without pause to the next. The goal of this practice is to improve mobility, flexibility, and balance while enhancing longevity

**Pop Cycle:** Top-notch instructors, invigorating music and visualization come together to make spinning both fun and effective. Enjoy pop hits while you find your spinning rhythm. This is a great class for every fitness level.

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

**Step Combo:** Designed to get you moving, improve your cardio fitness and overall conditioning. It focuses on lower body and core with a fun cardio-specific routine.

**Step Interval:** Combination of high/low cardio movements on and off the step. This class also features 15 minutes of abdominal training and a relaxing stretch at the end.

**Stretch:** A combination of static and dynamic stretching techniques, standing on the floor, to improve flexibility and range of motion.

**Stretch Fusion/Foam Rolling:** This is a total body stretch and core class incorporating Foam Rolling to increase core strength, flexibility and mobility, enhance recovery, minimize injury and optimize performance. Movements are performed standing, sitting and lying down on a mat.

**Tabata:** Cardiovascular and strength training workout that elevates your heart rate and burns many calories in a short time. Consists of eight sets of fast-paced exercises each performed for 20 seconds interspersed with 10 second rest.

**Tone/Cardio/Core:** A medium intensity class that incorporates fun and challenging exercises, to increase strength, mobility, and much more. This full body class keeps your muscles burning and your body guessing.

**Toning with Versa Bands:** This class is designed to focus on core strength, glute engagement, hip stabilization, and toning. Join us for an amazing versa band training routine.

**Ultimate Abs & Glutes:** This class uses essential fitness movements to tighten and tone those hard-to-hit areas using a combination of equipment and body resistance.

**Weights, Bands, Core & More:** A total body conditioning class designed with strength training exercises using a mixed variety of equipment (weights, bands, bars, and balls).

**Yin Yoga/Restorative:** A slow-paced yoga practice where floor poses are held for several minutes with the aid of props, targeting the joints, connective tissues, and fascia.

**Yoga Sculpt:** This blended yoga flow combines low intensity interval training and mat Pilates to build lean muscle mass, flexibility and balance to strengthen your lower body and core.