



Hammock Beach™

GOLF RESORT & SPA

FITNESS CLASSES

AUGUST 2020



MON	TUES	WED	THURS	FRI	SAT	SUN
Tabata Toning 8:00 - 8:50am	High Intensity Interval Training 8:00 - 8:50am	Fit/Fast/Strong 8:00 - 8:50am	High Intensity Interval Training 8:00 - 8:50am	Fit/Fast/Strong 8:00 - 8:50am		
Power Cardio 9:00 - 9:50am Water Fitness 9:00 - 9:50am	Drum-Core 9:00 - 9:50am	Water Fitness* 9:00 - 9:50am Power Cardio 9:00 - 9:50am	Pilates 9:00 - 9:50am H2O Tabata 9:00 - 9:50am	Solid CORE 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 Restorative Meditation 10:10 - 11:00am
Stretch Fusion 10:00 - 11:20am	Walk this Weight 10:00 - 10:50am Yin Yoga 10:00 - 11:30am	Stretch/Balance Fusion 10:00 - 11:00am	Walk this Weight 10:00 - 10:50am Stretch Fusion 10:00 - 11:00am	Slow Flow Yoga 10:00 - 11:00am	Stretch Fusion 10:30 - 11:20am	
Fit for Life 11:30am - 12:20pm T'ai Chi 11:30 - 12:30pm	H2O Tabata 11:00 - 11:50am	Fit for Life 11:30am - 12:20pm		Fit for Life 11:30am - 12:20pm T'ai Chi Basics 11:30 - 12:30pm		
	Chair Yoga 12:00 - 1:00pm		Chair Yoga 12:00 - 12:50pm			
Yoga Sculpt 4:30 - 5:20pm	Flow Yoga 4:30 - 5:20pm	Sculpt and Flow 4:00 - 4:50pm	Flow Yoga 4:30 - 5:20pm	Flow Yoga 4:30 - 5:20		

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	Elite Spinning 9:10 - 10:00am	Elite 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 \$20 | Extended Family Member Class Fee \$15
Class schedule and instructors subject to change without notice. Schedule effective 8/1/2020.

Personal Training Sessions:

Couples Training \$90 | 60-Minute Sessions \$60 | 30-Minute Sessions \$40 | Teen Sessions \$40

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.

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.

Drums-Core: A fun class that combines traditional aerobic movements with the powerful beat and rhythm of drums. Participants use drumsticks and large fitness balls to beat to the rhythm and get an all over body workout.

Elite Spinning: This high intensity, upbeat spinning class is designed to move with the music. Enjoy fast paced, upbeat tunes that keep you motivated and energized. This class moves with the music, often riding on cadence in sync with the musical groove. This class focuses on smooth transitions between Fat Burn, Cardio and Anaerobic heart rate zones. Be challenged with high resistance hill climbs for muscle toning and sprints that make your heart pump! Don't forget to bring your own water bottle to hydrate. This class is suitable for Intermediate to Advanced riders. Come prepared to bring it!

Fit/Fast/Strong: A total body conditioning class designed with cardio and strength exercises using a mixed variety of equipment (weights, bands, bars, and balls).

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.

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: An efficient combination of sprint interval training and tabatas offset by low intensity recovery periods allows you to truly go all out! This class is designed to be safe, including mobility moves and functional training to prime your body for hard work.

Pilates: Improve flexibility, build strength and develop control and endurance in the entire body. It places emphasis on alignment, breathing, developing a strong core, and improving coordination and balance.

Power Cardio: Get a full-body burn with our newest addition. This is designed to strengthen, tone and burn calories with fun, fast-paced workouts. There's no shortage of variety — you go through cardio, plyometrics, and core work to achieve the best body burn ever!

Restorative Meditation: Take a journey through the Koshas in this guided meditation. Allow the meditation to take you through your five senses and beyond by use of descriptive imagery and visualization. Bring a blanket, eye pillow, or any other props to help you relax further into a state of bliss.

Sculpt and Flow: This formula blended yoga flow combines low intensity interval training and Pilates to build lean muscle mass, flexibility & balance to strengthen your lower body and core. Fun tunes, fun workout!

Slow Flow Yoga: In this class the postures are linked together in a deliberate flow coinciding with the breath. Class is suitable for students seeking a slower, more peaceful practice with emphasis on alignment.

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 and dynamic stretching techniques to improve flexibility and range of motion.

Stretch/Balance Fusion: This class teaches basic stretching and relaxation techniques to clear your mind and relax your muscles. Focus is placed on increasing flexibility through a variety of postures.

Tabata Toning: A true Tabata formatted full-body challenge. Class follows the traditional 20 seconds of work, 10 seconds of rest interval style training routine.

T'ai Chi: This class emphasizes relaxation, precise posture, and moving the body as an interconnected whole. The movements are low-impact, easy on the joints, helping build leg strength and balance, all while learning to relax deeply.

T'ai Chi Basics: is designed for every level. The practiced a graceful form of exercises. It involves a series of movements performed in a slow, focused manner accompanied by deep breathing.

Walk this Weight: Join us for a fun brisk power walk usually 1.5 to 2.5 miles through the neighborhoods of Hammock Beach and the surrounding area. This isn't a stroll it's walking with determination, moving forward with purpose and control as if you had someplace to go.

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.

Yoga Sculpt: Boost metabolism and lean muscle mass as you move to upbeat tracks. Combine Vinyasa Flow yoga while mixing in strength training moves to help tone, balance and define all the muscles in your body, all while improving muscular and cardiovascular endurance.