



Hammock Beach™

GOLF RESORT & SPA

# FITNESS CLASSES

## DECEMBER 2023



MON	TUES	WED	THURS	FRI	SAT	SUN
Weights, Bands, Core & More 8:00 – 8:50am	Tone/Cardio/Core 8:00 – 8:50am	Weights, Bands, Core & More 8:00 – 8:50am	Tone/Cardio/Core 8:00 – 8:50am	Weights, Bands, Core & More 8:00 – 8:50am		
Aqua Fitness 9:00 – 9:50am Flow Yoga 9:00 – 9:50am	Aqua Fitness 9:00 – 9:50am Step Interval 9:00 – 9:50am	Aqua Fitness 9:00 – 9:50am Toning with Versa Bands 9:00 – 9:50am	Aqua Fitness 9:00 – 9:50am Flow Yoga (Light on Wrists) 9:00 – 9:50am	Aqua Fitness 9:00 – 9:50am Tabata 9:00 – 9:50am	Aqua Fitness 9:00 – 9:50am Toning with Versa Bands 9:00 – 9:50am	Flow Yoga 9:15 – 10:15am
Stretch Fusion 10:00 – 10:50am	Tabata 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 10:00 – 10:50am	Yoga Sculpt 10:30 – 11:20am
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 11:00 – 11:50am		
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 12:00 – 12:50pm		
T'ai Chi 1:00 – 1:50pm	Ultimate Abs & Glutes 1:00 – 1:50pm	Bar, Ball & Bell 1:00 – 1:50pm	Circuit Training 1:00 – 1:50pm	T'ai Chi 1:00 – 1:50pm		
Yoga Sculpt 4:30 – 5:20pm	Flow Yoga 4:00 – 4:50pm	Yoga Sculpt 4:30 – 5:20pm	Flow Yoga 4:00 – 4:50pm			

## THE LODGE SPINNING STUDIO CLASSES

Spinning 9:00 – 9:50am	Spinning 9:00 – 9:50am	Beginners Intermediate 9:00 – 9:50am	Spinning 9:00 – 9:50am	Elite Spinning 9:00 – 9:50am	Elite Spinning 9:00 – 9:50am	Pop Cycle 9:00 – 9:50am
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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 Fee \$10  
Resort Guest Fee \$20

Class schedule and instructors subject to change without notice. Schedule effective 12/1/2023.

### Friendly Reminders:

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.

### Personal Training Sessions:

Couples Training \$90 | 60-Minute Adult Session \$60 | 30-Minute Adult Session \$40  
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 varies from instructor to instructor, but the basics involve a warm up, cardio training, toning and strengthening exercises done in a heated pool. The indoor pool hosts classes but in summer it moves to the Upper Deck Pool.

**Bar, Ball & Bell:** Focus on core, cardio and strength training by using weighted bars and exercise balls. A variation of pilates with a ball.

**Beginners/Intermediate Spinning:** By combining a variety of challenging rides, from sprints, intervals, hills and more, this great cardiovascular workout also strengthens and tones your leg muscles. You can work at your own pace since you control the tension/resistance on your bike.

**Broga Stretch (Men):** This class is designed for golfers 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 yoga 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 of yoga.

**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. Come prepared to bring it!

**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.

**Fitness Fusion 360:** This combo class focuses on burning calories and fat, while improving the cardiovascular system for better breathing and lung capacity. You will 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, you will achieve the maximum benefit of your workout. The workout ends with gentle, relaxing static stretches.

**Flow Yoga:** A mixture of meditation, breath-work and energizing movement. It begins with gentler movements to warm up the body, then transitions to progressively more challenging flowing sequences.

**Flow Yoga (Light on Wrists):** This mixed-level class starts with a warm-up of breathwork and stretching. You will build heat with a series of standing postures designed to enhance flexibility and balance while building core strength. Movements are light on the wrists so that you can move with ease through the asanas offered. Class ends with a series of deeper stretching poses and relaxation to integrate the work during class. A well-rounded workout. All levels welcome.

**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.

**Step Combo:** Designed to get you moving, improve your cardio fitness and coordination. This class focuses on hips, thighs, abdominals and glutes and it's fun!

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

**Stretch Fusion Core with 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 period of time. Consists of eight sets of fast paced exercises each performed for 20 seconds interspersed with 10 second rest.

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

**Tone/Cardio/Core:** The challenging mix of lunges, squats, functional training and tubing exercises will help you burn calories and take your fitness to the next level.

**Toning with Versa Bands:** 50 minutes using Versa Bands to tone, strengthen and challenge you. Designed to engage your glutes, strengthen your core and hip stabilizers while avoiding injury.

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

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

**Yin Yoga:** A practice that focuses on the deep connective tissues of the body, stretching them gently through mostly seated postures held for a longer duration of time.

**Yoga Sculpt:** A unique combination of power yoga and strength training designed to create a full-body workout. Combining traditional yoga poses and principles with strength training and hand weights, this high-intensity workout will leave you feeling stronger, refreshed and uplifted.