



Hammock Beach™

GOLF RESORT & SPA



FITNESS CLASSES

SEPTEMBER 2022



| 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 | | |
| Flow Yoga 9:00 – 9:50am | Aqua Fitness 9:00 – 9:50am | Aqua Fitness 9:00 – 9:50am | Aqua Fitness 9:00 – 9:50am | Tabata 9:00 – 9:50am | Aqua Fitness 9:00 – 9:50am | Flow Yoga 9:00 – 9:50am |
| Aqua Fitness 9:00 – 9:50am | Step Interval 9:00 – 9:50am | Toning with Versa Bands 9:00 – 9:50am | Flow Yoga 9:00 – 9:50am | Aqua Fitness 9:00 – 9:50am | Toning with Versa Bands 9:00 – 9:50am | |
| 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 10:00 – 10:50am | Stretch 10:00 – 10:50am | Yoga Sculpt 10:00 – 10:50am |
| 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 11:00 – 11:50am | | |
| Butts & Gutts 12:00 – 12:50pm | Chair Yoga / Stretch & Balance 12:00 – 12:50pm | Broga Stretching (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 | Circuit Training 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 4:30 – 5:20pm | Yoga Sculpt 4:30 – 5:20pm | Flow Yoga 4:30 – 5:20pm | | | |

THE LODGE SPINNING STUDIO CLASSES

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|---------------------------|---------------------------|---|---------------------------|---------------------------------|---------------------------------|--|
| 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 | |
|---------------------------|---------------------------|---|---------------------------|---------------------------------|---------------------------------|--|

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 9/1/2022.

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.

Butts & Guts: Designed to target abdominals and glutes, this class incorporates a wide variety of exercises to tighten and tone these hard to hit areas.

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.

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.

Hatha Yoga and Meditation: A mindful 30-minute Hatha yoga sequence and 30-minute restorative meditation class. Hatha will focus on restorative and gentle yoga postures to build flexibility and strength. Meditation practice will differ based on the theme of the yoga postures. The sequencing for this class can vary from Chakra style meditation to Yoga Nidra.

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/Balance: 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.

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.

Tabata: Cardiovascular and strength training workout that elevates your heart rate and burns many calories in a short period of time. Consists of 8 sets of fast paced exercises each performed for 20 seconds interspersed with 10 second rest.

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.

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.