



Hammock Beach™

GOLF RESORT & SPA



# FITNESS CLASSES

## JANUARY 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	Flow Yoga 9:00 – 9:50am	Total Body Blast 9:00 – 9:50am	Aqua Fitness <sup>1</sup> 9:00 – 9:50am	Flow Yoga 9:00 – 9:50am
Aqua Fitness 9:00 – 9:50am	Total Body Blast 9:00 – 9:50am	Move/Stretch/ Strengthen 9:00 – 9:50am	Aqua Fitness 9:00 – 9:50am	Aqua Fitness 9:00 – 9:50am	Intermediate Yoga 9:00 – 9:50am	
Stretch Fusion 10:00 – 10:50am	Body Bar Fusion 10:00 – 10:50am	Stretch/Balance Fusion 10:00 – 10:50am	Stretch Fusion 10:00 – 10:50am	Stretch Fusion 10:00 – 10:50am	Toning w/Versa Bands 10:00 – 10:50am	Hatha Yoga and Meditation 10:10 – 11:00am
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	Stretch 11:00 – 11:50am	
HIIT 12:00 – 12:50pm	Chair Yoga / Stretch & Balance 12:00 – 12:50pm	Broga Stretching 12:00 – 12:50pm	Chair Yoga / Stretch & Balance 12:00 – 12:50pm	HIIT 12:00 – 12:50pm		
T'ai Chi 1:00 – 1:50pm	HIIT 1:00 – 1:50pm	HIIT 1:00 – 1:50pm	Total Body Blast 1:00 – 1:50pm	T'ai Chi 1:00 – 1:50pm		
Body Sculpt & Tone 2:00 – 2:50pm	Body Sculpt & Tone 2:00 – 2:50pm	Body Sculpt & Tone 2:00 – 2:50pm	Body Sculpt & Tone 2:00 – 2:50pm	Butts & Gutts 2:00 – 2:50pm		
Butts & Gutts 3:00 – 3:50pm	Butts & Gutts 3:00 – 3:50pm	Functional Training 3:00 – 3:50pm	Butts & Gutts 3:00 – 3:50pm	Body Sculpt & Tone 3:00 – 3:50pm		
Yoga Sculpt 4:30 – 5:20pm	Flow Yoga 4:30 – 5:20pm	Sculpt and Flow 4:30 – 5:20pm	Flow Yoga 4:30 – 5:20pm	Intermediate Yoga 4:30 – 5:20pm		

## THE LODGE SPINNING STUDIO CLASSES

Spinning 9:00 – 9:50am	Spinning 9:00 – 9:50am	Spinning 9:00 – 9:50am	Spinning 9:00 – 9:50am	Elite Spinning 9:00 – 9:50am	Elite Spinning 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 Class Fee \$10 | Resort Guest Fee \$20  
Class schedule and instructors subject to change without notice. Schedule effective 1/11/2022.

### 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.

**Balance:** Improve balance and coordination through a variety of exercises that focus on shifting weight, uneven surfaces and steps.

**Body Bar Fusion:** This class uses weighted body bars while incorporating a combination of small equipment such as; weights, tubing, bands etc. to give you a muscle challenging, total body workout.

**Body Sculpt & Tone:** The focus of this class is to build muscular strength and definition through a variety isolation exercises. Proper form, range of motion and repetition speed are maintained through each set.

**Boot Camp:** This classic workout involves a wide variety of exercises performed in a fast paced and high energy class.

**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:** This class features multiple stations with a mix of endurance and strength-based exercises. This class is high energy and meant to burn as many calories in the least time possible.

**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:** This class tends to be a mixture of meditation, breath-work and energizing movement. It usually begins with gentler movements to warm up the body, then transitions to progressively more challenging flowing sequences.

**Functional Training:** Focus on exercises that help you perform activities everyday more easily. Movements emphasize upper and lower body strength, balance and stability.

**HIIT (High Intensity Interval Training):** A high intensity whole body workout focusing on cardiovascular fitness while improving muscular strength. Resistances include kettlebells, medicine balls, dumbbells and own body weight.

**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.

**Injury Prevention and Rehabilitation:** Designed to help prevent injuries and regain mobility through stretching and exercises that strengthen ligaments and tendons.

**Intermediate Yoga:** Focus on core work, stretching, strength and flow. Class starts off with a warm up and focuses on body awareness and breath work.

**Move/Stretch/Strengthen:** Get ready to break a sweat, get your heart rate up, and shape toned muscles in this new 45-minute workout!

**PiYo Fusion 2.0:** A little speed and whole lot of fun to take you from plateau to a fat-burning, low impact workout that leaves your body lean and defined. No weights, no jumps just a whole lot of sweat and results.

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

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

**Sports Performance Training:** This class focuses on developing hand eye coordination, footwork, and striking force. Sports Performance Training: This class focuses on developing hand eye coordination, footwork, and striking force.

**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!

**Strength Training 101:** Proper form, range of motion and repetition speed are essential to safely and effectively build muscle. Join us as we practice these movements through isolating each body part.

**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.

**Tone/Cardio/Core:** A medium intensity class that incorporates fun and challenging exercises, great to burn away unwanted pounds. This full body class keeps your muscles burning and your body guessing!

**Toning w/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.

**Total Body Blast:** An all encompassing workout hitting all the major muscles group through free weights, bands and your own body weight.

**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:** Sculpt lean muscle mass moving 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.