



FITNESS CLASSES

JUNE 2022



Hammock Beach™

GOLF RESORT & SPA

MON	TUES	WED	THURS	FRI	SAT	SUN
Weights, Bands, Core & More 8:00 – 8:50am	HIIT 8:00 – 8:50am	Weights, Bands, Core & More 8:00 – 8:50am	HIIT 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 Body Sculpt & Tone 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 9:00 – 9:50am	Total Body Blast 9:00 – 9:50am Aqua Fitness 9:00 – 9:50am	Aqua Fitness ¹ 9:00 – 9:50am Toning with Versa Bands 9:00 – 9:50am	Flow Yoga 9:00 – 9:50am
Stretch Fusion 10:00 – 10:50am	Step Interval Combo 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	Vin/Yin Flow Yoga 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	Butts & Gutts 12:00 – 12:50pm		
T'ai Chi 1:00 – 1:50pm	Total Body Blast 1:00 – 1:50pm	Bar, Ball & Bell 1:00 – 1:50pm	Body Sculpt & Tone 1:00 – 1:50pm	T'ai Chi 1:00 – 1:50pm		
		Butts & Gutts 2:00 – 2:50pm				
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			

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	
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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 6/1/2022.

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.

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.

Body Sculpt & Tone: The focus of 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.

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.

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.

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.

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.

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 Combo: 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.

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 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.

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

Vin/Yin Flow Yoga: 30-minute engaging Vinyasa Flow Yoga followed by 30 minutes of Yin Yoga. This entails holding postures with little to no engagement to work deeper into muscle tissue to release greater tension.

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.