



Hammock Beach™

GOLF RESORT & SPA

FITNESS CLASSES

MARCH 2020



MON	TUES	WED	THURS	FRI	SAT	SUN
Tabata Toning 8:00 - 8:50am Functional Balance & Flexibility 8:00 - 8:50am	High Intensity Interval Training 8:00 - 8:50am	Synergy Fitness 8:00 - 8:50am	High Intensity Interval Training 8:00 - 8:50am	Synergy Fitness 8:00 - 8:50am	Circuit Infusion 8:00 - 8:50am	
PiYo 1.0 Fusion 9:00 - 9:50am Water Fitness 9:00 - 9:50am	Stability Ball Fit 9:00 - 9:50am	Water Fitness* 9:00 - 9:50am Cardio Pump 9:00 - 9:50am	Functional Balance & Flexibility 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 10:30 - 11:20am	LifeFitness Circuit 10:00 - 10:50am Gentle Flow/ Yin Yoga 10:00 - 11:30am	Stretch Fusion 10:10 - 11:00am	Body Sculpt 10:00-10:50am LifeFitness Circuit 10:00 - 10:50am	Yin Yoga 10:00 - 11:00am	Stretch Fusion 10:30 - 11:20am	
Fit for Life 11:30am - 12:20pm	H2O Tabata 11:00 - 11:50am	Fit for Life 11:30am - 12:20pm	Stretch Fusion 11:00 - 11:50am	Fit for Life 11:30am - 12:20pm		
	Chair Yoga 12:00 - 1:00pm		Chair Yoga 12:00 - 12:50pm			
T'ai Chi 1:00 - 2:00pm				T'ai Chi Basics 1:00 - 2:00pm Flow Yoga 4:30-5:20		
Full Body Stretch 3:00 - 3:50pm						
Yoga Sculpt 4:30 - 5:20pm	Flow Yoga 4:30 - 5:20pm	Cardio Yoga 4:00 - 4:50pm	Flow Yoga 4:30 - 5:20pm			

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	Spinning 9:10 - 10:00am	Spinning 9:10 - 10:00am	
----------------------------	----------------------------	----------------------------	-----------------------------------	----------------------------	----------------------------	--

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 3/1/2020.

Personal Training Sessions:

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

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.

Body Sculpt: This is a fun total body sculpt workout focusing on your upper body, lower body, core and glutes. Sculpt your entire body from head to toe using your body weight.

Cardio Pump: This is a fun, fast-paced fitness class that combines low intensity cardio exercises with muscle sculpting exercises, including the use of weights and resistance bands.

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.

Circuit Infusion: (Circuit training/no cardio) This total body workout features circuit/cardio training designed to work all the major muscle groups for strength and get your heart rate up for conditioning.

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.

Full Body Stretch: This class uses a basic static stretching routine designed to improve your range of motion and flexibility.

Functional Balance and Flexibility: Development of balance through coordination, improvement of range of motion, and development of key muscles to support strength and stability. Don't be fooled this is a workout.

Gentle Flow/Yin Yoga: Slow down and create space for stillness while nourishing your body: 30-minutes of gentle yoga flow followed by 45-minutes of Yin yoga.

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 (HIIT): This workout is a metabolic-based training program designed to fire up your muscles and metabolic rate to create a leaner, healthier you.

LifeFitness Circuit: Conducted by a Fitness Instructor, this class uses the full range of LifeFitness equipment to improve your muscle strength and endurance.

PiYo 1.0 Fusion: Combines the muscle-sculpting, core-firming benefits of Pilates with the strength and flexibility advantages of yoga. It has a little speed and a whole lot of fun to take you from plateau to fat-burning.

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. Feel free to bring a blanket, eye pillow, or any other props to help you relax further into a state of bliss.

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.

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

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.

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.