



Hammock Beach™

GOLF RESORT & SPA

FITNESS CLASSES

MAY 2021



MON	TUES	WED	THURS	FRI	SAT	SUN
Tabata Toning 8:00 – 8:50am	High Intensity Interval Training 8:00 – 8:50am	Fit/Fast/Strong 8:00 – 8:50am	High Intensity Interval Training 8:00 – 8:50am	Fit/Fast/Strong 8:00 – 8:50am		
PiYo Fusion 2.0 9:00 – 9:50am Aqua Fitness 9:00 – 9:50am	H2O Tabata 9:00 – 9:50am Step Combo 9:00 – 9:50am	Aqua Fitness* 9:00 – 9:50am Power Cardio / Power Glide 9:00 – 9:50am	Flow Yoga 9:00 – 9:50am H2O Tabata 9:00 – 9:50am	Total Body Core Yoga 9:00 – 9:50am Splash Challenge 9:00 – 9:50am	Aqua Fitness ¹ 9:00 – 9:50am Cardio Strong 9:00 – 9:50am	Flow Yoga 9:00 – 10:00am
Stretch Fusion 10:00 – 10:50am	Bar Rescue 10:00 – 10:50am	Stretch/Balance Fusion 10:00 – 10:50am	Bar Rescue 10:00 – 10:50am Stretch Fusion 10:00 – 10:50am	Stretch Fusion 10:00 – 10:50am	Stretch Fusion 10:30 - 11:20am Toning w/Versa Bands 10:00 – 10:50am	Restorative Meditation 10:10 – 11:00am
Fit for Life 11:30am – 12:20pm	Yin Yoga 11:00 – 11:50am	Fit for Life 11:30am – 12:20pm	Step Combo 11:00 – 11:50am	Fit for Life 11:30am – 12:20pm		
	Chair Yoga / Stretch & Balance 12:00 – 1:00pm		Chair Yoga / Stretch & Balance 12:00 – 12:50pm			
T'ai Chi 1:00 – 2:00pm				T'ai Chi 1:00 – 2:00pm		
		Broga Stretching 3:00 – 4:00pm				
Yoga Sculpt 4:30 – 5:20pm	Flow Yoga 4:30 – 5:20pm	Sculpt and Flow 4:00 – 4:50pm	Flow Yoga 4:30 – 5:20pm			

THE LODGE SPINNING STUDIO CLASSES

Spinning 9:10 – 10:00am	Power Zone Spin 9:10 – 10:00am	Tabata Spinning 9:10 – 10:00am	Power Zone Spin 9:10 – 9:50am	Elite Spinning 9:10 – 10:00am	Elite Spinning 9:10 – 10:00am	
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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 4/20/2021.

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 the comfort of a heated pool. Seasonally, the indoor pool hosts classes but in summer the class moves to the Upper Deck Pool.

Bar Rescue: This is a fun mixed-level muscle sculpting class using the weighted bar for strength training and toning.

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.

Cardio Strong: This is a low-intensity cardio class mixed with strength training intervals. Free weights and exercise bands are used in this class to provide a fun and effective workout. A variety of cardio interval training, muscle conditioning, and stretching exercises are performed to improve overall full-body strength and conditioning.

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

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.

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: An efficient combination of interval training and tabatas offset by low intensity recovery periods that allow you to truly go beast mode. Get prepared to take it to the limit!

PiYo Fusion 2.0: This class has 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.

Power Cardio/Power Glide: This full-body conditioning workout is for all fitness levels and designed to enhance muscle definition, balance, strength, and endurance. Focus on the upper and lower body, as well as the core.

Power Zone Spinning: This class is designed to have riders focused on maintaining the desired cadence while adding enough resistance to achieve the desired output specific to each of the seven zones. You've got the power. Now is the time to use it on your ride to the top.

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.

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

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

Splash Challenge: Come join our splash dance party. It's guaranteed to strengthen muscles and build stamina. You'll also improve your flexibility and range of motion and have fun showing off your dance moves.

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

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.

Tabata Spin: This class is designed to crush intervals. Using the traditional Tabata protocol of 20/10 will allow you to vary your cardiovascular intensity — making it super beginner friendly. Don't be fooled this class is a burner!

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.

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

Toning w/Versa Bands: A 50-minute class using Versa Bands to tone, strengthen and challenge you. This class is designed to engage your glutes, strengthen your core and hip stabilizers while avoiding injury. It's also a lot of fun.

Total Body Core Yoga: This class builds strength as well as flexibility and blood flow. Breathe deep as you work to create muscle tone, then round it all off with a flow yoga sequence.

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

Yoga Sculpt: Sculpt 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.