



Hammock Beach™

GOLF RESORT & SPA

# FITNESS CLASSES

## NOVEMBER 2020



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		
Power Cardio / Strength 9:00 – 9:50am Water Fitness 9:00 – 9:50am	H2O Tabata 9:00 – 9:50am	Water Fitness* 9:00 – 9:50am Power Cardio / Power Bands 9:00 – 9:50am	Pilates 9:00 – 9:50am H2O Tabata 9:00 – 9:50am	Solid CORE 9:00 – 9:50am Aqua Zumba 9:00 – 9:50am	Water Fitness <sup>1</sup> 9:00 – 9:50am Flow Yoga 9:00 – 9:50am	Flow Yoga 9:00 – 10:00am Restorative Meditation 10:10 – 11:00am
Stretch Fusion 10:00 – 11:20am	Barre Rescue 10:00 – 10:50am	Stretch/Balance Fusion 10:00 – 11:00am	Barre Rescue 10:00 – 10:50am Stretch Fusion 10:00 – 11:00am	Step Combo 10:00 – 11:00am	Stretch Fusion 10:30 – 11:20am	
Fit for Life 11:30am – 12:20pm T'ai Chi 1:00 – 2:00pm	Drums-Core 11:00 – 11:50am	Fit for Life 11:30am – 12:20pm		Fit for Life 11:30am – 12:20pm T'ai Chi 1:00 – 2:00pm		
	Chair Yoga / Stretch & Balance 12:00 – 1:00pm		Chair Yoga / Stretch & Balance 12:00 – 12:50pm			
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 Spinning 9:10 – 10:00am	Tabata Spinning 9:10 – 10:00am	Spinning Express 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 and Resort Guest Class Fee \$20 | Extended Family Member Class Fee \$15  
Class schedule and instructors subject to change without notice. Schedule effective 11/1/2020.

### 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 Zumba:** Perfect for those looking to make a splash by adding a low-impact, high-energy aquatic exercise to a fitness routine.

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

**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.

**Drums-Core:** A fun traditional aerobic based class that uses the powerful beat and rhythm of drums to get your heart beat pumping. Drum sticks and large fitness balls are the tools of choice in this class.

**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.

**H20 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!

**Pilates:** Improve flexibility, build strength and develop control and endurance in the entire body. It places emphasis on alignment, breathing, developing a strong core, and improving coordination and balance.

**Power Cardio/Power Band:** 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. The class uses resistance bands, weights, your own body weight, and includes some cardio interval training.

**Power Cardio/Strength:** A high-energy, fun and challenging workout designed to strengthen, tone and burn calories with a variety of fast-paced workouts. This class is guaranteed to get your heart rate pumping and tone and tighten your body.

**Power Spinning:** This class is designed to use power to strengthen the body and the mind. You will be challenged with high resistance hill climbs that will tone your muscles and sprints that will make your heart pump! Get Ready!

**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. Bring a blanket, eye pillow, or any other props to help you relax further into a state of bliss.

**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!

**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.

**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.

**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. Seasonally, the indoor pool hosts classes but in summer the class moves to the Upper Deck Pool. Please use sunscreen and wear a hat and sun glasses when classes are held outdoors.

**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.