

# 2018 Fitness Class Schedule



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8am <b>Cardio Blast</b> (Lynn)	8:30am <b>Pilates Reformer</b> (Lynn)*	8am <b>Cardio Blast</b> (Lynn)	8:30am <b>Pilates Reformer</b> (Lynn)*	8am <b>Cardio Blast</b> (Lynn)
8:45am <b>Pilates Reformer</b> (Lynn)*	9:15am <b>Aqua Blast</b> (Lynn)	8:45am <b>Pilates Reformer</b> (Lynn)*	9:15am <b>Aqua Blast</b> (Lynn)	9:30am <b>Body Sculpt</b> (Lynn)
9:30am <b>Body Sculpt</b> (Lynn)		9:30am <b>Body Sculpt</b> (Lynn)		
5pm <b>Yoga Gentle Stretch</b> (Lynn)*		5pm <b>Yoga Gentle Stretch</b> (Lynn)*	5:30pm <b>Power Yoga</b> (Audrey)	

Yoga times may change to accommodate guests & members

Golf Fitness Classes upon request.  
**Call Lynn 727.580.3464**

Yoga times may change to accommodate guests & members

Pick your day and time for Golf class

Weekend Classes held upon request



*Ask about personal training classes at the front reception desk*

*\*Please call to reserve spot*

**Please call ahead to reserve your place in classes\*: 727.942.5272**

*\*Classes are subject to change – please call to reserve a spot.*

# Fitness Center

## Hours of Operation\*

Monday–Friday | 6am–8pm  
Saturday | 7am–7pm  
Sunday | 7am–6pm

\*subject to change for Holidays

Anyone ages 14–17 MUST be accompanied by an adult/ or take the Exceed Program



## CLASS PRICING

### GROUP CLASS:

\$15 per class

\$50 Unlimited for Members

\$80 Monthly Unlimited for Guests

### PILATES:

\$25 per class

\$125 for 8 Pilates classes and unlimited group classes

### PERSONAL TRAINING:

Please ask for more details at reception desk

Contact the Fitness Center at **727.942.5272** to sign up.

[LColombo@innisbrookresort.com](mailto:LColombo@innisbrookresort.com)

# Fitness Center Classes

## Aqua Blast

Aqua blast is not just a dip in the pool, but an effective and safe way to get your body in shape. Beginning with a warm up and slowly moving into cardio moves, ending with an upper body workout. Individuals are able to work at their own pace in this 45-minute class.

Tuesday and Thursday 9:15am | \$15 per class

## Body Sculpt

Sculpting, not building. The bulk is the focus for this 45-minute class which works multiple muscle groups throughout the entire body using light hand weights and resistance bands.

Monday, Wednesday and Friday 9:30am | \$15 per class

## Cardio Blast

This 45-minute class is designed for cardiovascular conditioning and toning of arms, glutes and abs with use of light weights and resistance bands.

Monday, Wednesday and Friday 8am | \$15 per class

## Pilates Reformer Fusion

Attain total body conditioning moving from one exercise to another while adding a cardio workout from fusion. Participants must register ahead of time for this 45-minute class.

Tuesday and Thursday 8:30am | \$25 per class

## Rocket Vinyasa Flow Yoga

A high energy class that works with the routines created by founder, Larry Schultz. The Rocket is based on a modified version of postures from the traditional Ashtanga Vinyasa Yoga primary and intermediate series. All levels welcome.

Tuesday 6pm–7:15pm | \$15 per class

## Yoga/Gentle Stretch

Yoga is a form of exercise that has been around for 5,000 years. This yoga class consists of breathing, gentle stretching; smooth flowing moves, balance, and core strengthening. This mind, body and spiritual exercise experience is a 45-minute class.

Monday and Wednesday 5pm | \$15 per class

## Monthly Rates

Sign up for unlimited group classes for \$80 per month.

Sign up for Pilates Reformer\* classes (including group) for \$125 per month.

\*must be used within two months or it will be forfeited as it pertains to the 8 classes.

