

2019 Fitness Class Schedule



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8am Cardio Blast (Lynn)	8:30am Pilates Reformer (Lynn)*	8am Cardio Blast (Lynn)	8:30am Pilates Reformer (Lynn)*	8am Cardio Blast (Lynn)
8:45am Pilates Reformer (Lynn)*	9:15am Aqua Blast (Lynn)	8:45am Pilates Reformer (Lynn)*	9:15am Aqua Blast (Lynn) Cypress Pool	9:30am Body Sculpt (Lynn)
9:30am Body Sculpt (Lynn)	6pm Tue/8:30am Sat Spa Rocket Yoga (Jen) Call Spa for spot Held on Terrace Not part of Fitness	9:30am Body Sculpt (Lynn)	5:30pm Power Yoga (Audrey)	
3pm Yoga Gentle Stretch (Lynn)*		3pm Yoga Gentle Stretch (Lynn)*		

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

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

Spa Rocket Yoga Held on Terrace. Call Spa, Not part of fitness.

Tuesday 6pm and Saturday 8:30am | \$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.

