



# AUGUST 2023 FITNESS SCHEDULE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	8:00 A.M. ***SPIN Svetlana	8:15 A.M. *HITT 45 MIN CARDIO Ashley/Marisa	8:00 A.M. ***SPIN Tiffany/Lisa	8:15 A.M. *HITT 45 MIN CARDIO Ashley/Marisa	8:00 A.M. **GOLF STRETCH Lisa	8:00 A.M. ***SPIN LISA
9:00 A.M. **STRENGTH, STRETCH & CORE Nicole	9:00 A.M. *VINYASA YOGA Tami	9:15 A.M. *SCULPT & TONE Jaclyn	9:00 A.M. *VINYASA YOGA Tami	9:15 A.M. *SCULPT & TONE Ashley	9:00 A.M. *VINYASA YOGA Tami	9:00 A.M. *** AQUA AEROBICS Sara
	10:30 A.M. ***PILATES Lisa/Marisa	10:30 A.M. **TRX Ashley	10:30 A.M. ***TRX OUTSIDE Lisa/Marisa	10:35 A.M. *TAI CHI QIGONG Layla	10:30 A.M. ***BARRE Jaclyn	9:15 A.M. *PAIN FREE POSTURE PILATES Lisa
2:00 P.M. ***STRETCH & CORE Nicole	2:00 P.M. **AROMA RESTORATIVE YOGA Lisa		2:00 P.M. **TRX Lisa	10:30 A.M. **TRX Ashley	****WELLNESS WORKSHOP SHAMAN SESSION 8/9 10 AM - 3 PM	10:30 A.M. **AERIAL YOGA Lisa
			4:00 P.M. ***GENTLE YIN YOGA Lindsey			

\* Classes are held in the Shed Sports Court

\*\* Classes are held at the Nicklaus Fitness Studio. Full Members have priority sign up, Social Members may sign up 1-hr prior to start time.

\*\*\* Classes are held at the Village Clubhouse

\*\*\*\* Registration and details will be available in our weekly newsletter, *The Wire*.