



SEPTEMBER 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 Cora/Marisa	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. **YOGA Lisa	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	9:15 A.M. *MAT PILATES Lisa
	10:30 A.M. ***PILATES Lisa/Marisa			10:30 A.M. *TAI CHI QIGONG Layla	10:30 A.M. ***BARRE Jaclyn/Marisa	
		10:30 A.M. **TRX Ashley		10:30 A.M. **TRX Ashley		10:30 A.M. **AERIAL YOGA Lisa
2:00 P.M. ***STRETCH & CORE Lisa	2:00 P.M. **AROMA RESTORATIVE YOGA Lisa		2:00 P.M. **TRX Nicole			
			4:00 P.M. ***GENTLE YIN YOGA Lindsey	****WELLNESS WORKSHOP SHAMAN SESSION 10 A.M. - 3 P.M. 9/21	*FALL EQUINOX SOUNDBATH YOGA 9:00 A.M. 9/22	

*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.