



GROUP FITNESS SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Zumba 7:30am - 8:30am	Stability Ball Challenge 8:00am - 8:45am	Zumba 7:30am - 8:30am	Solid Weight Training 8:30am - 9:00am	Zumba 7:30am - 8:30am	Cardio Step 8:45am - 9:45am
All Level Yoga 9:00am - 10:00am	Sit & Fit 9:30am - 10:30am	Water Aerobics 10:00am - 11:00am	Chair Yoga 9:30am - 10:30am	Water Aerobics 10:00am - 11:00am	Solid Weight Training 9:50am - 10:20am
Water Aerobics 10:00am - 11:00am	Tai Chi 10:45am - 11:45am	Yoga for Sports 10:30am - 11:30am	Vin/Yin Yoga 10:45am - 11:45am	Pilates 10:15am - 11:15am	Stretch 10:25am - 10:55am
Pilates for Sports Conditioning 4:00pm - 5:00pm	Cardio Step 3:45pm - 4:30pm		Cardio Step 3:45pm - 4:30pm	Tai Chi 12:00pm - 1:00pm	Barre 11:00am - 12:00pm
Sculpt & Stretch 5:30pm - 6:30pm	Solid Weight Training 4:30pm - 5:00pm		Sculpt & Stretch 5:30pm - 6:30pm		

Updated Sept 2022

Reservation required. Class spots are limited. Reservations can be made as early as 48 hours in advance. Reservations can be made by calling or emailing the front desk: 386-236-4291; pbfitness@plantationbaygolf.com For all classes requiring a mat, please bring your own. For Water Aerobics, please bring your own pool noodle and pool weights. Please remember to bring water to stay hydrated and to wear appropriate shoes.

Fee-Based Classes Are Highlighted

CLASS DESCRIPTION

All Level Yoga	Basic Yoga Postures & Positions to Strengthen Your Core & Stretch Muscles
Stability Ball Challenge	A Fun and Challenging Class using the Stability Ball; Work Your Whole Body
Barre	A Total Body Workout that Combines Elements of Pilates, Yoga & Light-Weight Training
Cardio Step/Low Impact	A Cardio-Vascular Workout Using the Step (60 mins on Sat)
Chair Yoga	Interactive Yoga Poses Performed In a Chair
Pilates	A Total Body Program that Builds Core Strength, Improves Flexibility, Posture and Alignment
Pilates for Sports Conditioning	Use Classical Fundamentals to Improve Range of Motion & Help Prevent Injuries
Sit and Fit	A Wonderful Session for those with Balance Issues - Includes Strength Training & Relaxation
Solid Weight Training	A Fun Free-Weight Resistance Workout set to Music
Sculpt & Stretch	Aimed to Increase Strength & Flexibility Using Various Resistance Tools
Stretch	Aimed to Relax & Increase Flexibility
Tai Chi	A Gentle Form of Fluid Exercise that Develops Strength, Balance & Flexibility
Vin/Yin Yoga	Combines an Active Vinyasa Flow Based Practice with the Mindful Stretching of Yin Yoga
Water Aerobics	A Low Impact Cardio-Vascular & Strength Training Workout in the Pool; Seasonal
Yoga for Sports	A Combination of Yoga Poses, Toning with Weights, and Stretches Designed for Athletes
Zumba	An Energetic Cardio-Vascular Workout using Various Dance Steps