



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	Aqua Yoga 10:00am - 11:00am	Yoga for Sports 10:30am - 11:30am	Aqua Yoga 10:00am - 11:00am	Pilates 10:15am - 11:15am	Stretch 10:25am - 10:55am
	Tai Chi 10:45am - 11:45am		Stretch with Yoga Infused 10:45am - 11:45am	Tai Chi 12:00pm - 1:00pm	
	Cardio Step 3:45pm - 4:30pm		Cardio Step 3:45pm - 4:30pm		Barre 11:00am - 12:00pm
Sculpt & Stretch 5:30pm - 6:30pm	Solid Weight Training 4:30pm - 5:00pm	SHINE Fitness 5:30pm - 6:30pm	Sculpt & Stretch 5:30pm - 6:30pm		

Updated May 2023

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	<i>Basic Yoga Postures & Positions to Strengthen Your Core & Stretch Muscles</i>
Aqua Yoga	<i>Includes a Variety of Postures, Consistant Breathing exercises, Mindful Meditations, & Deep Relaxing Techniques</i>
Stability Ball Challenge	<i>A Fun and Challenging Class using the Stability Ball; Work Your Whole Body</i>
Barre	<i>A Total Body Workout that Combines Elements of Pilates, Yoga & Light-Weight Training</i>
Cardio Step/Low Impact	<i>A Cardio-Vascular Workout Using the Step (60 mins on Sat)</i>
Chair Yoga	<i>Interactive Yoga Poses Performed In a Chair</i>
Pilates	<i>A Total Body Program that Builds Core Strength, Improves Flexibility, Posture and Alignment</i>
SHINE Fitness	<i>An Energetic, Fun Choreographed Full Body Workout set to Current Hit Music</i>
Sit and Fit	<i>A Wonderful Session for those with Balance Issues - Includes Strength Training & Relaxation</i>
Solid Weight Training	<i>A Fun Free-Weight Resistance Workout set to Music</i>
Stretch with Yoga Infused	<i>Create & Maintain Flexibility in Joints & Connective Tissue</i>
Sculpt & Stretch	<i>Aimed to Increase Strength & Flexibility Using Various Resistance Tools</i>
Stretch	<i>Aimed to Relax & Increase Flexibility</i>
Tai Chi	<i>A Gentle Form of Fluid Exercise that Develops Strength, Balance & Flexibility</i>
Water Aerobics	<i>A Low Impact Cardio-Vascular & Strength Training Workout in the Pool; Seasonal</i>
Yoga for Sports	<i>A Combination of Yoga Poses, Toning with Weights, and Stretches Designed for Athletes</i>
Zumba	<i>An Energetic Cardio-Vascular Workout using Various Dance Steps</i>