



GROUP FITNESS SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Zumba 7:30am - 8:30am	Stability Ball Challenge	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 -
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 -	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			

Up date 4 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	Basic Yoga Postures & Positions to Strengthen Your Core & Stretch Muscles
Aqua Yoga	Includes a Variety of Postures, Constant Breathing exercises, Mindful Meditations, & Deep Relaxing Techniques
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
SHINE Fitness	An Energetic, Fun Choreographed Full Body Workout set to Current Hit Music
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
Stretch with Yoga Infused	Create & Maintain Flexibility in Joints & Connective Tissue
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
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