



PLANTATION BAY

# 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 11:30am - 12:30am	Yoga for Sports 10:30am - 11:30am	Stretch with Yoga Infused 10:45am - 11:45am	Pilates 10:15am - 11:15am	Stretch 10:25am - 10:55am
	Cardio Step 3:45pm - 4:30pm			Tai Chi 12:00pm - 1:00pm	Barre 11:00am - 12:00pm
	Solid Weight Training 4:30pm - 5:00pm		Cardio Step 3:45pm - 4:30pm		
Fitness Fusion 5:30pm - 6:30pm	Chair/Mat Combo Yoga 5:30pm - 6:30pm	Traditional Pilates 5:30pm - 6:30pm			

Updated Nov 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](mailto: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
Chair/Mat Combo Yoga	A Gentle Full Body Workout to Increase Balance, Flexability, Muscle Tone, & Manage Chronic Pain
Pilates	A Total Body Program that Builds Core Strength, Improves Flexibility, Posture and Alignment
Traditional Pilates	A Low Impact Class to Improve your Balance and Mobility while Strengthening your Core
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
Fitness Fusion	Total Body Workout Incorporating a Variety of Exercises to Change Up Your Workout
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