

B 2025 / WEEKLY 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		Chair Yoga 9:30am - 10:30am		Solid Weight Training 9:50am - 10:20am
		Yoga for Sports 10:00am - 11:00am	Stretch w/ Yoga Infused 10:45am - 11:45am	Pilates 10:00am - 11:00am	Stretch 10:25am - 10:55am
	Tai Chi 11:30am - 12:30pm		Intro to Cardio Step 3:00pm - 3:30pm	Tai Chi 11:30am - 12:30pm	Barre 11:00am - 12:00pm
PiYo 4:00pm - 5:00pm	Cardio Step 3:45pm - 4:30pm		Cardio Step 3:45pm - 4:30pm		
Fitness Fusion 5:30pm - 6:30pm	Solid Weight Training 4:30pm - 5:00pm	Traditional Pilates 5:30pm - 6:30pm	PiYo 5:30pm - 6:30pm		

CLASS DESCRIPTIONS			
Zumba	An Energetic Cardio-Vascular Workout using Various Dance Steps.	Chair Yoga	Interactive Yoga Poses Performed in a Chair.
All Level Yoga	Basic Yoga Postures & Positions to Strengthen your Core & Stretch Muscles.	Stretch w/ Yoga Infused	Create & Maintain Flexibility in Joints & Connective Tissue.
Fitness Fusion	Total Body Workout Incorporating a Variety of Exercises to Change Up Your Workout.	Pilates	A Total Body Program that Builds Core Strength, Improves Flexibility, Posture and Alignment.
Stability Ball Challenge	A Fun and Challenging Class using the Stability Ball; Work Your Whole Body.	Stretch	Aimed to Relax & Increase Flexibility.
Sit & Fit	A Wonderful Session for those with Balance Issues - Includes Strength Training & Relaxation.	Barre	A Total Body Workout that Combines Elements of Pilates, Yoga & Light-Weight Training.
Tai Chi	A Gentle Form of Fluid Exercise that Develops Strength, Balance & Flexibility.	Yoga For Sports	A Combination of Yoga Poses, Toning with Weights, and Stretches Designed for Athletes.
Cardio Step/ Low Impact	A Cardio-Vascular Workout Using the Step (60 mins on Sat).	Traditional Pilates	A Low Impact Class to Improve your Balance and Mobility while Strengthening your Core.
Solid Weight Training	A Fun Free-Weight Resistance Workout Set to Music.	PiYo	Combines the Muscle Sculpting, Core Firming of Pilates with the Strength & Flexibility of Yoga.
Intro to Cardio Step	Perfect For Beginners Interested In Our Cardio Step Class. A Great Cardio-Vascular Workout.		

Sign-ups for every class begin 2 days in advance. Please call or email the front desk to sign-up. Thank you for your cooperation.
 Plantation Bay Wellness Center | 386-236-4291 Ext. 1 | pbfitness@plantationbaygolf.com