

# B 2025 / WEEKLY GROUP FITNESS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>Zumba</b> 7:30am - 8:30am	<b>Stability Ball Challenge</b> 8:00am - 8:45am	<b>Zumba</b> 7:30am - 8:30am	<b>Solid Weight Training</b> 8:30am - 9:00am	<b>Zumba</b> 7:30am - 8:30am	<b>Cardio Step</b> 8:45am - 9:45am
<b>All Level Yoga</b> 9:00am - 10:00am	<b>Sit &amp; Fit</b> 9:30am - 10:30am	<b>Yoga for Sports</b> 10:00am - 11:00am	<b>Chair Yoga</b> 9:30am - 10:30am	<b>Pilates</b> 10:00am - 11:00am	<b>Solid Weight Training</b> 9:50am - 10:20am
<b>Water Aerobics</b> 10:00am - 11:00am	<b>Aqua Yoga</b> 10:00am - 11:00am	<b>Water Aerobics</b> 10:00am - 11:00am	<b>Aqua Yoga</b> 10:00am - 11:00am	<b>Water Aerobics</b> 10:00am - 11:00am	<b>Stretch</b> 10:25am - 10:55am
	<b>Tai Chi</b> 11:30am - 12:30pm	<b>Aches &amp; Gains</b> 11:00am - 12:00pm	<b>Stretch w/ Yoga Infused</b> 10:45am - 11:45am	<b>Tai Chi</b> 11:30am - 12:30pm	<b>Barre</b> 11:00am - 12:00pm
			<b>Intro to Cardio Step</b> 3:00pm - 3:30pm	<i>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.</i>  <b>Plantation Bay Wellness Center   386-236-4291 Ext. 1   pbfitness@plantationbaygolf.com</b>	
<b>PiYo</b> 4:00pm - 5:00pm	<b>Cardio Step</b> 3:45pm - 4:30pm		<b>Cardio Step</b> 3:45pm - 4:30pm		
<b>Fitness Fusion</b> 5:30pm - 6:30pm	<b>Solid Weight Training</b> 4:30pm - 5:00pm	<b>Barre</b> 5:30pm - 6:30pm	<b>PiYo</b> 5:30pm - 6:30pm		

## CLASS DESCRIPTIONS

<b>Zumba</b>	An Energetic Cardio-Vascular Workout using Various Dance Steps.	<b>Chair Yoga</b>	Interactive Yoga Poses Performed in a Chair.
<b>All Level Yoga</b>	Basic Yoga Postures & Positions to Strengthen your Core & Stretch Muscles.	<b>Stretch w/ Yoga Infused</b>	Create & Maintain Flexibility in Joints & Connective Tissue.
<b>Fitness Fusion</b>	Total Body Workout Incorporating a Variety of Exercises to Change Up Your Workout.	<b>Pilates</b>	A Total Body Program that Builds Core Strength, Improves Flexibility, Posture and Alignment.
<b>Stability Ball Challenge</b>	A Fun and Challenging Class using the Stability Ball; Work Your Whole Body.	<b>Stretch</b>	Aimed to Relax & Increase Flexibility.
<b>Sit &amp; Fit</b>	A Wonderful Session for those with Balance Issues - Includes Strength Training & Relaxation.	<b>Barre</b>	A Total Body Workout that Combines Elements of Pilates, Yoga & Light-Weight Training.
<b>Tai Chi</b>	A Gentle Form of Fluid Exercise that Develops Strength, Balance & Flexibility.	<b>Yoga For Sports</b>	A Combination of Yoga Poses, Toning with Weights, and Stretches Designed for Athletes.
<b>Cardio Step/ Low Impact</b>	A Cardio-Vascular Workout Using the Step (60 mins on Sat).	<b>PiYo</b>	Combines the Muscle Sculpting, Core Firming of Pilates with the Strength & Flexibility of Yoga.
<b>Solid Weight Training</b>	A Fun Free-Weight Resistance Workout Set to Music.	<b>Water Aerobics</b>	A low impact cardio-vascular & strength training workout in the pool.
<b>Intro to Cardio Step</b>	Perfect For Beginners Interested In Our Cardio Step Class. A Great Cardio-Vascular Workout.	<b>Aqua Yoga</b>	This class includes a variety of postures, consistent breathing exercises, mindful meditation, positive reinforcement and deep relaxation.
<b>Aches &amp; Gains</b>	A gentle aqua class that focuses on aiding those struggling with arthritis, joint pain, excessive body weight, and lack of movement.		