2026 / WEEKLY GROUP FITNESS SCHEDULE

REVISED:3/9/2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Zumba 7:30am - 8:30am Instructor: Nancy White	Stability Ball Challenge 8:00am - 8:45am Instructor: Jocelyn Daley	Zumba 7:30am - 8:30am Instructor: Nancy White	Sit & Fit 9:30am - 10:30am Instructor: Annie Telesh	Zumba 7:30am - 8:30am Instructor: Nancy White	Functional Body Building 9:00am - 9:45am Instructor: Kellar Carnes
Functional Body Building 9:00am - 9:45am Instructor: Kellar Carnes	Tai Chi 11:30am - 12:30pm Instructor: Andrew Townsend	Functional Body Building 9:00am - 9:30am Instructor: Kellar Carnes	Stretch w/ Yoga Infused 10:45am - 11:45am Instructor: Annie Telesh	Pilates 10:00am - 11:00am Instructor: Kathryn Shupe	Half Hour Hustle 10:00am - 10:30am Instructor: Kellar Carnes
All Level Yoga 10:00am - 11:00am Instructor: Kathryn Shupe		Half Hour Hustle 9:45am - 10:15am Instructor: Kellar Carnes	Functional Fitness 12:00pm - 1:00pm Instructor: Annie Telesh	Tai Chi 11:30am - 12:30pm Instructor: Andrew Townsend	*Stretch 10:45am - 11:15am Instructor: Kellar Carnes or Melissa Mondello
Pilates 11:15am - 12:15pm Instructor: Kathryn Shupe		Balance, Mobility & Stretch 10:30am - 11:30am Instructor: Kathryn Shupe			*Barre 11:30am - 12:30pm Instructor: Melissa Mondello
		Chair Yoga 11:45am - 12:45pm Instructor: Kathryn Shupe			
Sculpt & Stretch 3:00pm - 4:00pm Instructor: Kathryn Shupe	Free Weight Strength 5:30pm - 6:00pm Instructor: Annie Telesh	Qigong 4:00pm - 5:00pm Instructor: Andrew Townsend	Sculpt & Stretch 4:00pm - 5:00pm Instructor: Kathryn Shupe		
Fitness Fusion 5:30pm - 6:30pm Instructor: Melissa Mondello	Core, Balance & Stretch Express 6:15pm - 6:45pm Instructor: Annie Telesh	Active Life Training 5:30pm - 6:30pm Instructor: Annie Telesh	PiYo 5:15pm - 6:15pm Instructor: Kathryn Shupe		

- Sign-ups for every class begin 3 days in advance.
- Cancellations are NOT allowed within 2 hours of class start time.
- No-shows will be charged a $10 Fee.
- Reminder notifications will be sent 4 hours before class begins.
- If you have registered for a class and are unable to attend, please cancel on the app or inform the front desk. This will enable individuals on the waitlist to participate in the class.

Thank you for your cooperation.

386-236-4291 Ext. 1| pbfitness@plantationbaygolf.com

2026 / WEEKLY GROUP FITNESS SCHEDULE

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 & ConnectiveTissue.**
Fitness Fusion	**A Total Body Workout Featuring a Variety of Low-impact Cardio, Strength, & Flexibility Exercises**	**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.** ***(*Instructors Alternate Saturday Class.)***
Sit & Fit	**A Wonderful Session for those with Balance Issues - Includes Strength Training & Relaxation.**	**Functional Fitness**	**A combination of strength, core & flexibility exercises with a variety of resistances & modalities.**
Tai Chi	**A Gentle Form of Fluid Exercise that Develops Strength, Balance & Flexibility.**	**Core, Balance & Stretch Express**	**A combination of standing & mat-based exercises to strengthen your abdominal & lower-back muscles.**
Sculpt & Stretch	**An upbeat cardio class that combines weight-based strength training, core and deep stretches to restore and recharge. Energize the body, tone muscles and feel stronger.**	**PiYo**	**Combines the Muscle Sculpting, Core Firming of Pilates with the Strength & Flexibility of Yoga.**
Free Weight Strength	**A Fun Free-Weight Resistance Workout Set to Music.**	**Balance, Mobility & Stretch**	**A supportive class using props, balance work and deep stretching to build strength, ease and movement.**
Barre	**A Total Body Workout that Combines Elements of Pilates, Yoga & Light-Weight Training.** ***(*Held Every Other Saturday.)***	**Qigong**	**A gentle yet powerful system of movement, breath, and mindfulness designed for vitality, relaxation, and balance.**
Half Hour Hustle	**A 30-minute class designed to elevate your heart rate & improve strength & conditioning through athletic movement.**	**Functional Body Building**	**A 45-minute class focused on real world strength & functional movement. (*Wednesdays Class is 30 Minutes.)**
Active Life Training	**A full-body class using techniques from strength training, Pilates, barre, mobility and more.**		