



2026 / WEEKLY GROUP FITNESS SCHEDULE

REVISED: 4/1/2026

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 - 9:30am Instructor: Kellar Carnes
Functional Body Building 9:00am - 9:30am Instructor: Kellar Carnes	Sit & Fit 9:30am - 10:30am Instructor: Annie Telesh	Functional Body Building 9:00am - 9:30am Instructor: Kellar Carnes	Aqua Yoga 10:00am - 11:00am Instructor: Sharon Smith	Pilates 10:00am - 11:00am Instructor: Kathryn Shupe	Half Hour Hustle 9:45am - 10:15am Instructor: Kellar Carnes
All Level Yoga 10:00am - 11:00am Instructor: Kathryn Shupe	Intermediate Tai Chi 11:30am - 12:30pm Instructor: Andrew Townsend	Half Hour Hustle 9:45am - 10:15am Instructor: Kellar Carnes	Stretch w/ Yoga Infused 10:45am - 11:45am Instructor: Annie Telesh	Water Aerobics 10:00am - 11:00am Instructor: Michael Linhares	*Stretch 10:30am - 11:00am Instructor: Kellar Carnes or 10:45am - 11:15am Instructor: Melissa Mondello
Water Aerobics 10:00am - 11:00am Instructor: Sharon Smith		Water Aerobics 10:00am - 11:00am Instructor: Heidi Grunberg/ Daniels	Functional Fitness 12:00pm - 1:00pm Instructor: Annie Telesh	Intermediate Tai Chi 11:30am - 12:30pm Instructor: Andrew Townsend	*Barre 11:30am - 12:30pm Instructor: Melissa Mondello
Aqua Yoga 11:00am - 12:00pm Instructor: Sharon Smith		Balance, Mobility & Stretch 10:30am - 11:30am Instructor: Kathryn Shupe			
Pilates 11:15am - 12:15pm Instructor: Kathryn Shupe		Chair Yoga 11:45am - 12:45pm Instructor: Kathryn Shupe		<ul style="list-style-type: none"> • 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 24 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. <p>Thank you for your cooperation.</p> <p>386-236-4291 Ext. 1 pbfitness@plantationbaygolf.com</p>	
Sculpt & Stretch 3:00pm - 4:00pm Instructor: Kathryn Shupe	Free Weight Strength 5:30pm - 6:00pm Instructor: Annie Telesh	Beginner Tai Chi/ 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			



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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	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. <i>(*Instructors Alternate Saturday Class.)</i>
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.
Intermediate 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.	Aqua Yoga	This class includes a variety of postures, consistent breathing exercises, mindful meditation, positive reinforcement and deep relaxation. <i>(*Seasonal class.)</i>
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. <i>(*Held Every Other Saturday.)</i>	Beginner Tai Chi/ Qigong	A gentle yet powerful system of movement, breath, and mindfulness designed for vitality, relaxation, and balance. Suitable for beginners.
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. <i>(*Wednesdays Class is 30 Minutes.)</i>
Active Life Training	A full-body class using techniques from strength training, Pilates, barre, mobility and more.	Water Aerobics	A low impact cardio-vascular & strength training workout in the pool. <i>(*Seasonal class.)</i>