

FRIDAY	SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
7 AM • Body Sculpt <b>1</b> 8 AM • Yoga 9 AM • Arm Strong 9 AM • Water Aerobics*	7 AM • HIIT <b>2</b> 8 AM • Body Sculpt 9 AM • Get Low 9 AM • Water Aerobics*	7 AM • LIIT <b>3</b> 8 AM • <u>FABULOUS</u> 9 AM • Tone Up 9 AM • Water Aerobics*	7 AM • Arm Strong <b>4</b> 8 AM • Yoga 9 AM • Get Low 9 AM • Water Aerobics*	7 AM • Cycling <b>5</b> 8 AM • Body Sculpt 9 AM • <u>FABULOUS</u> 9 AM • Water Aerobics*	7 AM • LIIT <b>6</b> 8 AM • Yoga 9 AM • Tone Up 9 AM • Water Aerobics*	7 AM • Boot Camp <b>7</b> 8 AM • Get Low 9 AM • <u>FABULOUS</u> 9 AM • Water Aerobics*
7 AM • Body Sculpt <b>8</b> 8 AM • Yoga 9 AM • Arm Strong 9 AM • Water Aerobics*	7 AM • HIIT <b>9</b> 8 AM • Body Sculpt 9 AM • Get Low 9 AM • Water Aerobics*	7 AM • LIIT <b>10</b> 8 AM • <u>FABULOUS</u> 9 AM • Tone Up 9 AM • Water Aerobics*	7 AM • Arm Strong <b>11</b> 8 AM • Get Low 9 AM • Water Aerobics*	7 AM • Cycling <b>12</b> 8 AM • Yoga 9 AM • <u>FABULOUS</u> 9 AM • Water Aerobics*	8 AM • Yoga <b>13</b> 9 AM • Pilates 9 AM • Water Aerobics*	7 AM • Boot Camp <b>14</b> 8 AM • Yoga 9 AM • <u>FABULOUS</u> 9 AM • Water Aerobics*
7 AM • Body Sculpt <b>15</b> 8 AM • Yoga 9 AM • Pilates 9 AM • Water Aerobics*	8 AM • Yoga <b>16</b> 9 AM • Pilates 9 AM • Water Aerobics*	7 AM • LIIT <b>17</b> 8 AM • Yoga 9 AM • Tone Up 9 AM • Water Aerobics*	7 AM • Arm Strong <b>18</b> 8 AM • Yoga 9 AM • Get Low 9 AM • Water Aerobics*	7 AM • Cycling <b>19</b> 8 AM • Body Sculpt 9 AM • <u>FABULOUS</u> 9 AM • Water Aerobics*	7 AM • LIIT <b>20</b> 8 AM • Yoga 9 AM • Tone Up 9 AM • Water Aerobics*	7 AM • Boot Camp <b>21</b> 8 AM • Get Low 9 AM • <u>FABULOUS</u> 9 AM • Water Aerobics*
7 AM • Body Sculpt <b>22</b> 8 AM • Yoga 9 AM • Arm Strong 9 AM • Water Aerobics*	7 AM • HIIT <b>23</b> 8 AM • Body Sculpt 9 AM • Get Low 9 AM • Water Aerobics*	7 AM • LIIT <b>24</b> 8 AM • <u>FABULOUS</u> 9 AM • Tone Up 9 AM • Water Aerobics*	7 AM • Arm Strong <b>25</b> 8 AM • Yoga 9 AM • Get Low 9 AM • Water Aerobics*	7 AM • Cycling <b>26</b> 8 AM • Body Sculpt 9 AM • <u>FABULOUS</u> 9 AM • Water Aerobics*	7 AM • LIIT <b>27</b> 8 AM • Yoga 9 AM • Tone Up 9 AM • Water Aerobics*	7 AM • Boot Camp <b>28</b> 8 AM • Get Low 9 AM • <u>FABULOUS</u> 9 AM • Water Aerobics*
7 AM • Body Sculpt <b>29</b> 8 AM • Yoga 9 AM • Arm Strong 9 AM • Water Aerobics*	7 AM • HIIT <b>30</b> 8 AM • Body Sculpt 9 AM • Get Low 9 AM • Water Aerobics*	7 AM • LIIT <b>31</b> 8 AM • <u>FABULOUS</u> 9 AM • Tone Up 9 AM • Water Aerobics*	*Located at South Pool			

**OCEAN FITNESS**

**CLASS SCHEDULE • MARCH 2024**

## CLASS DESCRIPTIONS

### ARM STRONG

Strengthen your shoulders, biceps and triceps with this arm workout.

### BODY SCULPT

A full body workout that focuses on core and strength exercises using light weights and high repetitions. Improve your flexibility, endurance and strength while toning your muscles.

### BOOT CAMP

Kick your workout into high gear with an effective combination of strength, cardio, muscle endurance, flexibility, core and functional movement patterns.

### CORE & STRETCH

Strengthen your core with a combination of movements and stretching techniques.

### CYCLING

Let us challenge you with an invigorating cycling experience as you conquer mountains, rolling terrain and sprint intervals.

### FABULOUS

Strengthen and build your core muscles with the perfect combination of movements to leave you feeling strong and fabulous.

### GET LOW

A lower body workout designed to improve strength in the lower back, hips, glutes and legs to help build a foundation for everyday movement.

### HIIT (HIGH INTENSITY INTERVAL TRAINING)

A combination of high and low intensity which boosts metabolism and continues to burn calories long after you have left the gym.

### LIIT (LOW INTENSITY INTERVAL TRAINING)

A combination of strength, balance, flexibility and cardio designed for low impact on joints while providing a great work out.

### PILATES

A series of exercises and movements designed to increase strength, flexibility and balance.

### TONE UP

Target the upper body with a workout that focuses on strengthening your arms, chest and back muscles.

### WATER AEROBICS

A class designed for all fitness levels to show how heavy the water can be. Be prepared for running and playful sprints, with little impact on your joints.

### YOGA

Connect with your body as you are guided through a combination of poses and breathing techniques for relaxation, strength, flexibility and balance.

Unless otherwise noted, all classes are located in Ocean Fitness. Please arrive 10 minutes prior to class start time, as space is limited. Appropriate fitness attire required. Guests ages 16 years or older are welcome. Water classes are weather permitting.

Should you wish to schedule a private one-on-one class or have any questions please contact The Spa at 561-653-6656. You may also press 6656 from any in-house telephone.