

OCEAN FITNESS



CLASS SCHEDULE OCTOBER 2024

SUNDAY

BODY SCULPT	7 AM
PILATES	8 AM
WATER AEROBICS SOUTH POOL	9 AM

MONDAY

YOGA	7 AM
PILATES	8 AM
WATER AEROBICS SOUTH POOL	9 AM

TUESDAY

CYCLING	7 AM
BODY SCULPT	8 AM
WATER AEROBICS SOUTH POOL	9 AM

WEDNESDAY

YOGA	7 AM
PILATES	8 AM
WATER AEROBICS SOUTH POOL	9 AM

THURSDAY

YOGA	7 AM
PILATES	8 AM
WATER AEROBICS SOUTH POOL	9 AM

FRIDAY

CYCLING	7 AM
BODY SCULPT	8 AM
WATER AEROBICS SOUTH POOL	9 AM

SATURDAY

BOOT CAMP	7 AM
LIIT	8 AM
WATER AEROBICS SOUTH POOL	9 AM

CLASS DESCRIPTIONS

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.

CYCLING

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

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.

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.