

# RESHAPE.

The way you think about your exercise goals, eating habits, the importance of relaxation.

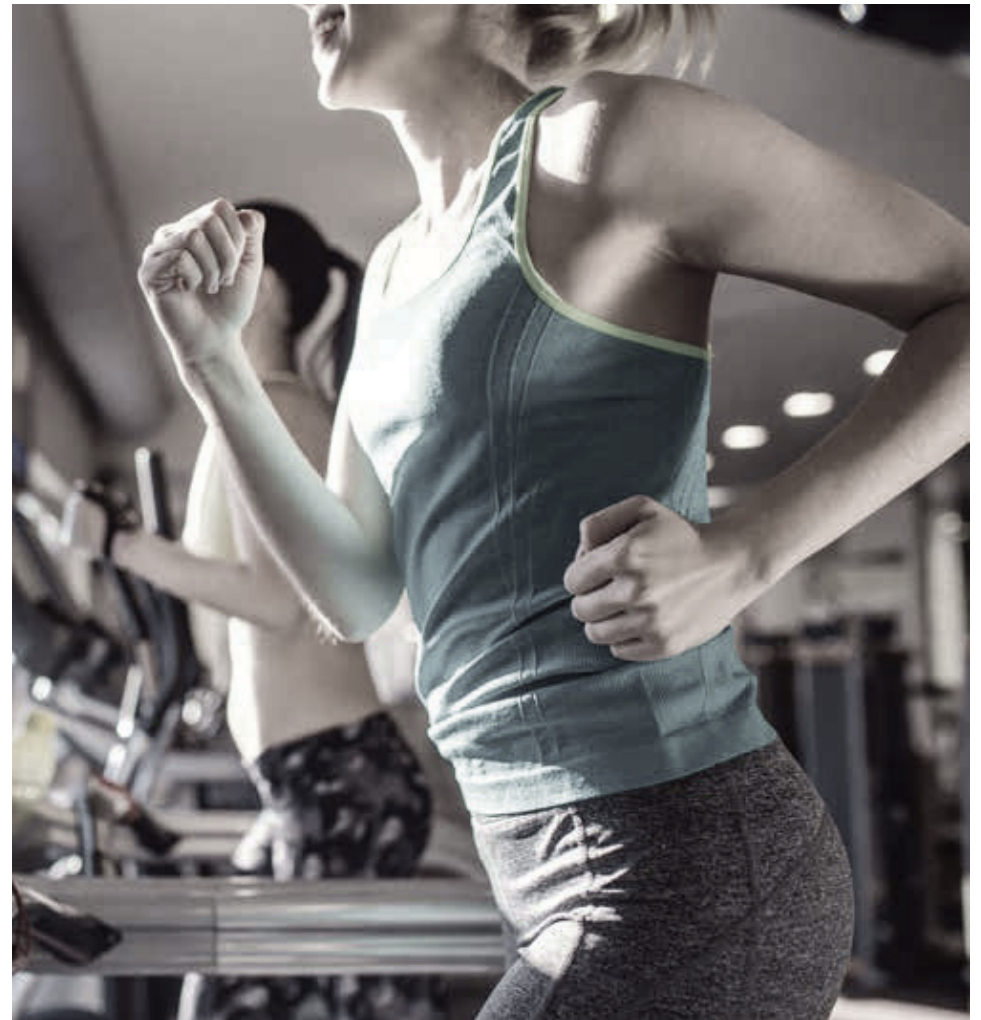
# REFINE.

Your health and wellness outlook now that you have your goals in place.

# REVIVE.

Your energy and positive vibes through Enlightened Lifestyle choices.

**Register for all Health Club classes and events by calling 561-447-3239**



## GROUP EXERCISE SCHEDULE OCTOBER 2018



HEALTH CLUB

POWERED BY  
enlightened lifestyle



enlightened lifestyle  
RESHAPE. REFINE. REVIVE.

## THIS MONTH @ THE HEALTH CLUB

### FIRST TIME BUYERS

Receive 50% off three Personal Training Sessions. Offer valid October 1-7. Some restrictions apply.

### 40% OFF INBODY ASSESSMENT

The future of health. Body composition analysis shows you what percentage of your weight is made up of water, fat, and muscle. See how InBody can transform how you see weight today. Valid October 1-31, 2018.

### SUNSET OCEANIC YOGA ON THE BEACH

Tuesday, October 9 | 6:30 PM | \$10

### HUNTERS MOON YOGA BEACH AT BOCA BEACH CLUB

Monday, October 24 | 7 PM | \$15

Book a personal training package or register for classes at [premierclub.bocaresort.com](http://premierclub.bocaresort.com) or call ext.3239

	CLOISTER
	BEACH CLUB
	COUNTRY CLUB

\*KINESIS WALL REQUIRES SIGN UP AT EXT. 3460

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		<b>HIIT &amp; RUN</b> 6:45-7:15 AM Alex	<b>TAI CHI</b> 6:30-7:20 AM Tom	<b>HIIT &amp; RUN</b> 6:45-7:15 AM Alex		
<b>YOGA</b> 8:30-9:30 AM Gerry	<b>TABATA INTERVAL</b> 7:30-8:30 AM Melanie	<b>UPPER BODY BLAST</b> 7:30-8:30 AM Trisha	<b>TOTAL BODY CONDITION</b> 7:30-8:30 AM Trisha	<b>FULL BODY SCULPT</b> 7:30-8:30 AM Regina	<b>TABATA STYLE INTERVAL</b> 7:30-8:30 AM Melanie	<b>WARRIOR BOOT CAMP</b> 8:00-9:00 AM Claudia
<b>ZUMBA</b> 10:00-11:00 AM Janina	<b>SWEAT &amp; ABS</b> 8:45-9:45 AM Claudia	<b>20/20/20</b> 8:45-9:45 AM Ritzy	<b>CARDIO BARRE FUSION</b> 8:45-9:45 AM Ritzy	<b>BARRE</b> 8:45-9:45 AM Regina	<b>CARDIO BARRE FUSION</b> 8:45-9:45 AM Claudia	<b>SWEAT &amp; ABS</b> 9:15-10:15 AM Melanie
<b>PILATES &amp; WEIGHTS</b> 11:15 AM-12:15 PM Lisa	<b>BODY SCULPT</b> 10:00-11:00 AM Claudia	<b>POWER YOGA</b> 10:00-11:00 AM Ritzy	<b>YOGA FOR THE HEART</b> 10:00-11:00 AM Ritzy	<b>ZUMBA</b> 10:00-11:00 AM Janina	<b>PILATES PLUS</b> 10:00-11:00 AM Claudia	<b>RESTORATIVE YOGA</b> 10:30-11:30 AM Pamela
	<b>ZUMBA</b> 11:15-12:15 PM Monika	<b>PILATES &amp; WEIGHTS</b> 11:15-12:15 PM Lisa	<b>ZUMBA</b> 11:15-12:15 PM Samira	<b>VINYASA YOGA</b> 11:15-12:15 PM Pamela	<b>ZUMBA PLUS</b> 11:15-12:15 PM Samira	<b>ZUMBA</b> 11:45-12:45 PM Monika
	<b>YOGA</b> 4:15-5:15 PM Gerry	<b>BOCA BALANCE</b> 12:30-1:00 PM Melanie	<b>BARRE</b> 12:30-1:30 PM Regina	<b>BOCA BALANCE</b> 12:30-1:00 PM Melanie	<b>YIN YOGA</b> 4:30-5:30 PM Ritzy	<b>TAI CHI</b> 1:00-2:00 PM Tom
	<b>BARRE</b> 5:30-6:30 PM Regina	<b>TOTAL BODY FITNESS</b> 5:30-6:30 PM Claudia	<b>CARDIO INTERVAL BLAST</b> 5:30-6:30 PM Melanie	<b>POWER PUMP</b> 5:30-6:15 PM Pamela		
				<b>YOGA</b> 6:15-7:00 PM Pamela		
	<b>BEACH YOGA</b> 8:00-9:00 AM Suzan		<b>BEACH YOGA</b> 8:00-9:00 AM Suzan		<b>BEACH YOGA</b> 8:00-9:00 AM Monica	<b>*KINESIS WALL</b> 8:00-9:00 AM Trisha
<b>AQUA-CARDIO</b> 10:30-11:30 AM Trisha/David	<b>HYDRO-INTERVALS</b> 10:15-11:15 AM Melanie	<b>AQUA-FIT</b> 10:00-11:00 AM Babette	<b>AQUA-INTERVALS</b> 10:15-11:15 AM Melanie	<b>HYDRO-FITNESS</b> 10:00-11:00 AM Nancy	<b>AQUA-FIT</b> 10:00-11:00 AM Marie	<b>HYDRO-FITNESS</b> 10:30-11:30 AM Marie
		<b>20/20/20</b> 9:00-10:00 AM Alex	<b>BOOT CAMP</b> 9:00-10:00 AM Monika	<b>20/20/20</b> 9:00-10:00 AM Alex	<b>20/20/20</b> 10:00-11:00 AM Monika	<b>ZUMBA</b> 9:00-10:00 AM Monika
		<b>AQUA-FIT</b> 10:15-11:15 AM Marie	<b>AQUA-FIT</b> 10:15-11:15 AM Monika	<b>AQUA-FIT</b> 10:15-11:15 AM Mary Lou	<b>AQUA-FIT</b> 10:00-11:00 AM Monika	<b>AQUA-FIT</b> 10:00-11:00 AM Monika
			<b>BALLROOM BEAT</b> 10:15-11:15 AM Ellen	<b>BODY HEALING YOGA</b> 11:30-12:30 PM John Van Dine	<b>YOGA</b> 11:00-12:00 PM Ritzy	

Class schedule is subject to change, for most up to date schedule, please check the website or visit the Health Club