



HEALTH CLUB
ACCESS

MAIN RESORT HEALTH CLUB

Cardio or Strength Sessions

MONDAY - FRIDAY

7:00AM - 8:30AM

9:30AM - 11:00AM

12:00PM - 1:30PM

2:30PM - 4:00PM

5:00PM - 6:30PM

SATURDAY & SUNDAY

7:00AM - 8:30AM

9:15AM - 10:45AM

11:30AM - 1:00PM

1:45PM - 3:00PM

3:45PM - 5:00PM

BOCA BEACH CLUB HEALTH CLUB

DAILY

6:30AM - 8:00AM

8:30AM - 10:00AM

10:30AM - 12:00PM

12:30PM - 2:00PM

RESERVATIONS REQUIRED FOR ACCESS TO THE HEALTH CLUB.

RESERVATIONS ARE AVAILABLE IN 90-MINUTE SESSIONS.

Members Register:

PREMIERCLUB.BOCARESORT.COM

Member Mobile App:

CLUBESSENTIAL

GUESTS, PLEASE CALL OR TEXT 561.447.3000



GROUP EXERCISE SCHEDULE
October 2020



HEALTH CLUB

GROUP EXERCISE CLASSES





In line with the current CDC, federal and local government guidelines, we have established social distancing protocols and implemented the following for all Group Exercise Classes:

RESERVATIONS REQUIRED

MEMBERS REGISTER AT
PREMIERCLUB.BOCARESORT.COM
OR ON THE MEMBER MOBILE APP:
CLUBESSENTIAL

**GUESTS, PLEASE CALL OR TEXT
561.447.3000**

- Face masks are required during group classes and inside the health clubs.
- Attendees must be at least 6 feet away from each other; regardless of relationship.
- All classes are limited to 9 participants.

	MAIN RESORT
	SPA GARDEN
	BOCA BEACH CLUB
	BOCA COUNTRY CLUB

HYDROW EXPERIENCE STUDIO AT MAIN RESORT

REGISTER ONLINE AT
HYDROW.COM/BOCARESORT

COMPLIMENTARY FOR
MEMBERS & GUESTS.

MAX 4 PARTICIPANTS

ORANGETHEORY FITNESS AT MAIN RESORT HEALTH CLUB

PRICE PER CLASS:
GUESTS \$30

TO REGISTER, VISIT
BOCARESORT.COM/OTF

MAX 8 PARTICIPANTS

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				TAI CHI 6:30-7:20 AM Tom		
	TABATA INTERVAL 7:15-8:00 AM Melanie	UPPER BODY BLAST 7:30-8:15 AM Alex	TOTAL BODY CONDITION 7:30-8:15 AM Alex	FULLY BODY SCULPT 7:30-8:15 AM Pamela	TABATA STYLE INTERVAL 7:30-8:15 AM Melanie	WARRIOR BOOT CAMP 7:30-8:15 AM Claudia
ORANGETHEORY 9:00-9:45 AM	ORANGETHEORY 9:00-9:45 AM	ORANGETHEORY 9:00-9:45 AM	ORANGETHEORY 9:00-9:45 AM	ORANGETHEORY 9:00-9:45 AM	ORANGETHEORY 9:00-9:45 AM	ORANGETHEORY 9:00-9:45 AM
ZUMBA 10:15-11:00 AM Janina	BODY SCULPT 10:15-11:00 AM Claudia	POWER YOGA 10:15-11:00 AM Ritzy	YOGA FOR THE HEART 10:15-11:00 AM Ritzy	ZUMBA 10:15-11:00 AM Janina	PILATES PLUS 10:15-11:00 AM Claudia	RESTORATIVE YOGA 10:30-11:15 AM Pamela
PILATES & WEIGHTS 12:00-12:45 PM Lisa	ORANGETHEORY 12:00-12:45 PM	ORANGETHEORY 12:00-12:45 PM	ORANGETHEORY 12:00-12:45 PM	ORANGETHEORY 12:00-12:45 PM	ORANGETHEORY 12:00-12:45 PM	ZUMBA 12:00-12:45 PM Paige
						TAI CHI 1:00-2:00 PM Tom
	AQUA-ZUMBA 8:00-8:45 AM Victoria				AQUA-ZUMBA 8:00-8:45 AM Victoria	
					YOGA 9:00-10:00 AM Monica	YOGA 9:00-10:00 AM Monica
YOGA 8:45-9:30 AM Gerry	SWEAT & ABS 8:45-9:30 AM Claudia	20/20/20 8:45-9:30 AM Ritzy	CARDIO BARRE 8:45-9:30 AM Ritzy	BARRE 8:45-9:30 AM Ritzy	CARDIO BARRE 8:45-9:30 AM Claudia	HIIT & ABS 8:45-9:30 AM Claudia
AQUA-CARDIO 8:30-9:30 AM Trisha/Jacqueline	AQUA-INTERVALS 8:30-9:30 AM Melanie	AQUA-FIT 8:30-9:30 AM Melanie	AQUA-INTERVALS 8:30-9:30 AM Alex	AQUA-CARDIO 8:30-9:30 AM Nancy	AQUA-FIT 8:30-9:30 AM Nancy	AQUA-INTERVALS 8:30-9:30 AM Marie
	ZUMBA 11:15AM-12:00PM Paige	PILATES & WEIGHTS 11:00-11:45 AM Lisa	ZUMBA 11:15AM-12:00 PM Samira	VINYASA YOGA 11:15AM-12:00 PM Pamela	ZUMBA PLUS 11:15 AM-12:00 PM Samira	
	20/20/20 9:00-9:45 AM Lisa	20/20/20 9:00-9:45 AM Alex	20/20/20 9:00-9:45 AM Monica	20/20/20 9:00-9:45 AM Alex	20/20/20 9:00-9:45 AM Monika	ZUMBA 9:00-9:45 AM Monika
	AQUA-FIT 10:15-11:15 AM MaryLou	AQUA-FIT 10:15-11:15 AM Marie	AQUA-FIT 10:15-11:15 AM Monika	AQUA-FIT 10:15-11:15 AM MaryLou	AQUA-FIT 10:00-11:00 AM Monika	AQUA-FIT 10:00-11:00 AM Monika
	YOGA 11:00-11:45 AM Lisa	PILATES & WEIGHTS 10:30-11:15 AM Claudia	BALLROOM BEAT 10:00-11:00 AM Ellen	PILATES & WEIGHTS 10:30-11:15 AM Claudia	YOGA 11:00-11:45 AM Ritzy	

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