



HEALTH CLUB
ACCESS

HARBOURSIDE HEALTH CLUB

Cardio or Strength Sessions

MONDAY - FRIDAY	SATURDAY & SUNDAY
7:00AM - 8:30AM	7:00AM - 8:30AM
9:30AM - 11:00AM	9:15AM - 10:45AM
12:00PM - 1:30PM	11:30AM - 1:00PM
2:30PM - 4:00PM	1:45PM - 3:00PM
5:00PM - 6:30PM	3:45PM - 5:00PM

BEACHSIDE HEALTH CLUB

MONDAY - FRIDAY	SATURDAY & SUNDAY
6:30AM- 8:00AM	6:30AM- 8:00AM
8:30AM- 10:00AM	8:30AM- 10:00AM
10:30AM- 12:00PM	10:30AM- 12:00PM
12:30PM- 2:00PM	12:30PM- 2:00PM
2:30PM- 4:00PM	
4:30PM- 6:00PM	

RESERVATIONS REQUIRED FOR ACCESS TO THE HEALTH CLUB.

Members Register:
PREMIERCLUB.BOCARESORT.COM

Member Mobile App:
CLUBESSENTIAL

GUESTS, PLEASE CALL OR TEXT 561.447.3000



GROUP EXERCISE SCHEDULE
November 2020



HEALTH CLUB





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.

	HARBOURSIDE
	SPA GARDEN POOL
	BEACHSIDE
	BOCA COUNTRY CLUB

HYDROW EXPERIENCE STUDIO AT HARBOURSIDE

REGISTER ONLINE AT
HYDROW.COM/BOCARESORT

COMPLIMENTARY FOR MEMBERS & GUESTS.

MAX 4 PARTICIPANTS

ORANGETHEORY FITNESS AT HARBOURSIDE HEALTH CLUB

PRICE PER CLASS:
GUESTS \$30
TO REGISTER, VISIT
BOCARESORT.COM/OTF
LIMITED PARTICIPANTS

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
ORANGETHEORY 7:45-8:30 AM	TABATA INTERVAL 7:15-8:00 AM Melanie	UPPER BODY BLAST 7:30-8:15 AM Alex	TOTAL BODY CONDITION 7:15-8:00 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 Gerry	YOGA FOR THE HEART 10:15-11:00 AM Monica	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 I 1:00-2:00 PM Tom
	AQUA-ZUMBA 8:00-8:45 AM Victoria				AQUA-ZUMBA 8:00-8:45 AM Victoria	TAI CHI II 2:00-3:00 PM Tom
					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 Lisa	VINYASA YOGA 8:45-9:30 AM Gerry	BARRE 8:45-9:30 AM Terri	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 8:15-9:15 AM, 9:30-10:30AM Melanie	AQUA-FIT 8:15-9:15 AM, 9:30-10:30AM Melanie	AQUA-INTERVALS 8:15-9:15 AM, 9:30-10:30AM Alex	AQUA-CARDIO 8:15-9:15 AM, 9:30-10:30AM Nancy	AQUA-FIT 8:15-9:15 AM, 9:30-10:30AM 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 Terri	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 Suzan	

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