



# HEALTH CLUB

## ACCESS

### HARBORSIDE HEALTH CLUB

HOURS: MONDAY - FRIDAY, 6:30 AM - 6:30 PM

SATURDAY & SUNDAY, 6:30 AM - 5:00 PM

Cardio or Strength Sessions Available by Reservation.

MONDAY - FRIDAY

6:30AM - 8:30AM

9:30AM - 11:00AM

12:00PM - 1:30PM

2:30PM - 4:00PM

5:00PM - 6:30PM

SATURDAY & SUNDAY

6:30AM - 8:30AM

9:15AM - 10:45AM

11:30AM - 1:00PM

1:45PM - 3:00PM

3:45PM - 5:00PM

### BEACHSIDE HEALTH CLUB

HOURS: DAILY 6:30 AM - 6:30 PM

Workout Sessions Available by Reservation.

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 DURING SESSION TIMES.**

Members Register:

[PREMIERCLUB.BOCARESORT.COM](http://PREMIERCLUB.BOCARESORT.COM)

Member Mobile App:

CLUBESSENTIAL

**GUESTS, PLEASE CALL OR TEXT 561.447.3000**



GROUP EXERCISE SCHEDULE  
MAY 2021



HEALTH CLUB







## GROUP EXERCISE CLASSES

### RESERVATIONS REQUIRED

MEMBERS REGISTER AT  
[PREMIERCLUB.BOCARESORT.COM](http://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.

	HARBORSIDE
	SPA GARDEN POOL
	BEACHSIDE
	BOCA COUNTRY CLUB
	GRAND LAWN
	MIZNER CENTER

## HYDROW EXPERIENCE STUDIO AT HARBORSIDE

INSTRUCTOR-LED CLASSES  
REGISTER ONLINE AT  
[HYDROW.COM/BOCARESORT](http://HYDROW.COM/BOCARESORT)

**OPEN STUDIO HOURS:**  
THURSDAY & SATURDAYS  
9:00 AM & 10:00 AM

TO REGISTER, CALL/TEXT  
**561.447.3000**

COMPLIMENTARY FOR MEMBERS & GUESTS

## ORANGETHEORY FITNESS AT HARBORSIDE HEALTH CLUB

PRICE PER CLASS:  
**GUESTS \$30**

TO REGISTER, VISIT  
[BOCARESORT.COM/OTF](http://BOCARESORT.COM/OTF)

## NEW RESTORATIVE CLASSES

**MON., WED. & FRI.**  
10:15 - 11:00 AM & 11:15 AM - 12:00 PM  
AT MIZNER CENTER POD.  
**RESERVATIONS REQUIRED**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>ORANGETHEORY</b> 7:45-8:30 AM	<b>TABATA INTERVAL</b> 7:15-8:00 AM Melanie	<b>UPPER BODY BLAST</b> 7:30-8:15 AM Alex	<b>TOTAL BODY CONDITION</b> 7:15-8:00 AM Alex	<b>FULLY BODY SCULPT</b> 7:30-8:15 AM Pamela	<b>TABATA STYLE INTERVAL</b> 7:30-8:15 AM Melanie	<b>WARRIOR BOOT CAMP</b> 7:30-8:15 AM Claudia
<b>ORANGETHEORY</b> 9:00-9:45 AM	<b>ORANGETHEORY</b> 9:00-9:45 AM	<b>ORANGETHEORY</b> 9:00-9:45 AM	<b>ORANGETHEORY</b> 9:00-9:45 AM	<b>ORANGETHEORY</b> 9:00-9:45 AM	<b>ORANGETHEORY</b> 9:00-9:45 AM	<b>ORANGETHEORY</b> 9:00-9:45 AM
<b>ZUMBA</b> 10:15-11:00 AM Janina	<b>BODY SCULPT</b> 10:15-11:00 AM Claudia	<b>POWER YOGA</b> 10:15-11:00 AM Gerry	<b>YOGA FOR THE HEART</b> 10:15-11:00 AM Monica	<b>ZUMBA</b> 10:15-11:00 AM Janina	<b>PILATES PLUS</b> 10:15-11:00 AM Claudia	<b>RESTORATIVE YOGA</b> 10:30-11:15 AM Pamela
<b>PILATES &amp; WEIGHTS</b> 12:00-12:45 PM Lisa	<b>RESTORATIVE CLASS</b> 10:30-11:15 AM 11:30 AM-12:15 PM	<b>STRETCH &amp; VIBE</b> 11:15 AM-12:00 PM	<b>RESTORATIVE CLASS</b> 10:30-11:15 AM 11:30 AM-12:15 PM	<b>ORANGETHEORY</b> 12:00-12:45 PM	<b>RESTORATIVE CLASS</b> 10:30-11:15 AM 11:30 AM-12:15 PM	<b>ZUMBA</b> 12:00-12:45 PM Paige
	<b>ORANGETHEORY</b> 12:00-12:45 PM	<b>ORANGETHEORY</b> 12:00-12:45 PM	<b>ORANGETHEORY</b> 12:00-12:45 PM	<b>RESTORATIVE YOGA</b> 3:00PM-4:00PM Pamela	<b>ORANGETHEORY</b> 12:00-12:45 PM	<b>TAI CHI I</b> 1:00-2:00 PM Tom
	<b>AQUA-ZUMBA</b> 8:00-9:00 AM Victoria	<b>RESTORATIVE CLASS</b> 5:30-6:15 PM			<b>AQUA-ZUMBA</b> 8:00-9:00 AM Victoria	<b>TAI CHI II</b> 2:00-3:00 PM Tom
					<b>YOGA</b> 9:00-10:00 AM Monica	<b>YOGA</b> 9:00-10:00 AM Monica
<b>YOGA</b> 8:45-9:30 AM Gerry	<b>SWEAT &amp; ABS</b> 8:45-9:30 AM Claudia	<b>20/20/20</b> 8:45-9:30 AM Lisa	<b>VINYASA YOGA</b> 8:45-9:30 AM Gerry	<b>BARRE</b> 8:45-9:30 AM Terri	<b>CARDIO BARRE</b> 8:45-9:30 AM Claudia	<b>HIIT &amp; ABS</b> 8:45-9:30 AM Claudia
<b>AQUA-CARDIO</b> 8:30-9:30 AM Trisha/Jacqueline	<b>AQUA-INTERVALS</b> 8:15-9:15 AM, 9:30-10:30 AM Melanie	<b>AQUA-FIT</b> 8:15-9:15 AM, 9:30-10:30 AM Melanie	<b>AQUA-INTERVALS</b> 8:15-9:15 AM, 9:30-10:30 AM Alex	<b>AQUA-CARDIO</b> 8:15-9:15 AM, 9:30-10:30 AM Nancy	<b>AQUA-FIT</b> 8:15-9:15 AM, 9:30-10:30 AM Nancy	<b>AQUA-INTERVALS</b> 8:30-9:30 AM Marie
	<b>ZUMBA</b> 11:15AM-12:00PM Samira	<b>PILATES &amp; WEIGHTS</b> 11:00-11:45 AM Lisa	<b>ZUMBA</b> 11:15AM-12:00 PM Paige	<b>VINYASA YOGA</b> 11:15AM-12:00 PM Terri	<b>ZUMBA PLUS</b> 11:15 AM-12:00 PM Samira	
	<b>20/20/20</b> 9:00-9:45 AM Lisa	<b>20/20/20</b> 9:00-9:45 AM Alex	<b>20/20/20</b> 9:00-9:45 AM Monika	<b>ZUMBA</b> 9:00-9:45 AM Monika	<b>20/20/20</b> 9:00-9:45 AM Monika	<b>ZUMBA</b> 9:00-9:45 AM Monika
	<b>AQUA-FIT</b> 10:15-11:15 AM MaryLou	<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 MaryLou	<b>AQUA-FIT</b> 10:00-11:00 AM Monika	<b>AQUA-FIT</b> 10:00-11:00 AM Monika
	<b>YOGA</b> 11:00-11:45 AM Lisa	<b>PILATES &amp; WEIGHTS</b> 10:30-11:15 AM Claudia	<b>BALLROOM BEAT</b> 10:00-11:00 AM Ellen	<b>PILATES &amp; WEIGHTS</b> 10:30-11:15 AM Claudia	<b>YOGA</b> 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.