

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
MARCH 2020



HEALTH CLUB

HEALTH CLUB

While it is our goal to provide the highest level of services at our property, we must do so in a way that safeguards the health and well-being of each member, guest, and employee. As such, we will be making temporary changes to the Group Exercise schedule and we thank you for understanding our need to do so.

ALL SCHEDULED INDOOR FITNESS CLASSES WILL BE HELD OUTDOORS:

Croquet Lawn

SPACE IS LIMITED
No Equipment will be provided

* Attendees are required to bring their personal exercise mats.

***Outdoor Classes are Weather Permitting ***

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				TAI CHI 6:30-7:20 AM Tom		
	TABATA INTERVAL 7:30-8:30 AM Melanie	UPPER BODY BLAST 7:30-8:30 AM Robert	TOTAL BODY CONDITION 7:30-8:30 AM Robert	FULLY BODY SCULPT 7:30-8:30 AM Regina	TABATA STYLE INTERVAL 7:30-8:30 AM Melanie	WARRIOR BOOT CAMP 7:30-8:30 AM Claudia
YOGA 8:30-9:30 AM Gerry	SWEAT & ABS 8:45-9:45 AM Claudia	20/20/20 8:45-9:45 AM Ritzy	CARDIO BARRE 8:45-9:45 AM Ritzy	BARRE 9:00-9:45 AM Regina	CARDIO BARRE 8:45-9:45 AM Claudia	HIIT & ABS 9:00-10:00 AM Claudia
	BODY SCULPT 10:15-11:15 AM Claudia	POWER YOGA 10:15-11:15 AM Ritzy	YOGA FOR THE HEART 10:15-11:15 AM Ritzy		PILATES PLUS 10:15-11:15 AM Claudia	RESTORATIVE YOGA 10:30-11:30 AM Pamela
						TAI CHI 11:30 AM-12:30 PM Tom
PILATES 11:30 AM-12:30 PM Lisa		PILATES 11:15 AM-12:15 PM Lisa		VINYASA YOGA 11:15 AM-12:15 PM Pamela		
	20/20/20 9:00-10:00 AM Robert	20/20/20 9:00-10:00 AM Alex	BOOT CAMP 9:00-10:00 AM Monika	20/20/20 9:00-10:00 AM Alex	20/20/20 9:00-10:00 AM Monika	
	YOGA 11:00 AM-12:00 PM Robert	PILATES 10:30 AM-11:30 AM Claudia		PILATES 10:30 AM-11:30 AM Claudia	YOGA 11:00 AM-12:00 PM Robert	

MAIN RESORT

BOCA COUNTRY CLUB

Class schedule is subject to change. For most up-to-date schedule, please check the website, visit the Health Club or call 561-447-3239.