

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 JANUARY 2019



HEALTH CLUB

POWERED BY
enlightened lifestyle



enlightened lifestyle
RESHAPE. REFINE. REVIVE.

THIS MONTH @ THE HEALTH CLUB

50% OFF FIRST TIME BUYERS

3 personal training sessions.
Valid January 1-31, 2019.
Some restrictions apply.

50% OFF INBODY ASSESSMENT

The future of health.
Body composition analysis shows
you what your weight is really made
up of: water, fat, and muscle. See how
InBody can transform how you see
weight today.
Valid January 1-31, 2019.

CANDLELIGHT YOGA IN THE SPA GARDEN

January 21 | 7 PM | \$10

Book a personal training
package or register for classes
at premierclub.bocaresort.com
or call ext. 3239

NEW: ORANGETHEORY FITNESS AT BOCA BEACH CLUB

SUN - FRI | 8AM, 9:30AM & 11AM
SAT | 8AM, 9:30AM, 11AM & 4PM
PRICE PER CLASS:
\$30 for Guests
\$20 for Members
To register, call 561-408-0003

Max 16 participants.

	CLOISTER
	BEACH CLUB
	COUNTRY CLUB

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

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