

# RESHAPE.

THE WAY YOU THINK ABOUT  
YOUR EXERCISE GOALS, EAT-  
ING 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 ENLIGHT-  
ENED LIFESTYLE CHOICES.

Register for all Health Club classes and events by calling 561-447-3239



GROUP EXERCISE SCHEDULE  
FEBRUARY 2019



HEALTH CLUB

POWERED BY  
enlightened lifestyle



enlightened lifestyle  
RESHAPE. REFINE. REVIVE.

**THIS MONTH  
@ THE HEALTH CLUB**

**30% OFF 20 PARTNER  
TRAINING SESSIONS**

Three personal training sessions.  
Valid February 1-15  
Some restrictions apply.

**40% 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 February 1-28

**CANDLELIGHT YOGA  
IN THE SPA GARDEN**

February 18 | 7PM | \$10

**Book a personal training  
package or register for classes  
at [premierclub.bocaresort.com](http://premierclub.bocaresort.com)  
or call ext.3239**

**NEW: ORANGETHEORY FITNESS  
AT BOCA BEACH CLUB**

**MON-SUN | 8AM, 9:30AM & 11AM**

**PRICE PER CLASS:  
\$30 for Guests  
\$20 for Members**

**Register online at  
[bocabeachclub.com/OTF](http://bocabeachclub.com/OTF)  
or call 561-408-0003**

Max 16 participants.

	CLOISTER
	BEACH CLUB
	COUNTRY CLUB

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