

# 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  
MAY 2019



HEALTH CLUB

## MAY SPECIAL

### MOTHER'S DAY PROMO: SAVE 30% OFF ANY PERSONAL TRAINING PACKAGE

Valid May 12, 2019.

### 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 May 1 - 31.

### KARMAVIBES CANDLELIGHT YOGA IN THE SPA GARDEN

Led by Artist In Residence  
Mary Ann Morgan-Fried  
MAY 8 | 7 PM | \$15

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, WED, FRI, SAT & SUN  
8 AM, 9:30 AM & 11 AM

TUE & THU | 6:15 AM, 8 AM,  
9:30 AM & 11 AM

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

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

Max 16 participants.

## NEW: GRAVITY + OXYGEN ON THE CROQUET LAWN

SAT | 9 AM

PRICE PER CLASS:  
\$20 for Guests  
\$15 for Members

Call ext. 3239 to register

	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 Ritzy	CARDIO BARRE FUSION 8:45-9:45 AM Ritzy	BARRE 8:45-9:45 AM Regina	CARDIO BARRE FUSION 8:45-9:45 AM Claudia	HIIT & ABS 9:15-10:15 AM Claudia
PILATES & WEIGHTS 11:15 AM-12:15 PM Lisa	BODY SCULPT 10:00-11:00 AM Claudia	POWER YOGA 10:00-11:00 AM Ritzy	YOGA FOR THE HEART 10:00-11:00 AM Ritzy	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 AM-12:15 PM Kai	PILATES & WEIGHTS 11:15 AM-12:15 PM Lisa	ZUMBA 11:15 AM-12:15 PM Samira	VINYASA YOGA 11:15 AM-12:15 PM Pamela	ZUMBA PLUS 11:15 AM-12:15 PM Samira	ZUMBA 11:45 AM-12:45 PM Paige
	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 Ritzy	TAI CHI 1:00-2:00 PM Tom
	BARRE 5:30-6:30 PM Regina	CARDIO INTERVAL BLAST 5:30-6:30 PM Melanie	YOGA 4:15-5:15 PM Gerry	POWER PUMP 5:30-6:00 PM Pamela		
			TOTAL BODY FITNESS 5:30-6:30 PM Claudia	YOGA 6:00-7:00 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 Monica	
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 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 AM-12:00 PM Ritzy		BALLROOM BEAT 10:15-11:15 AM Ellen		YOGA 11:00 AM-12:00 PM Ritzy	

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