

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
SEPTEMBER 2019



HEALTH CLUB

THIS MONTH AT THE HEALTH CLUB

LABOR DAY PROMO: SAVE 30% OFF ANY PERSONAL TRAINING PACKAGE

Valid September 1-3.

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 September 1-30.

FULL MOON YOGA ON THE BEACH

September 12 | 7 PM | \$15

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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			TAI CHI 6:30-7:20 AM Tom			
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	YOGA 4:15-5:15 PM Gerry	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	TOTAL BODY FITNESS 5:30-6:30 PM Claudia	POWER PUMP 5:30-6:00 PM Pamela		
				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/Jacqueline	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 10:00-10:00 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	

NEW: ORANGETHEORY FITNESS AT BOCA BEACH CLUB

DAILY
8 AM, 9:30 AM & 11 AM

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

Register online at bocabeachclub.com/otf
or call 561.408.0003.

Max 16 participants.

	CLOISTER
	BEACH CLUB
	COUNTRY CLUB

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