Aqua Bliss: A graceful, flowing practice melding Yoga, stretch and other modalities. Perfect for those who may have physical challenges but find movement in the water more beneficial. (F, E, R) 60 minutes, B / I intensity

Belly Dance: Also known as Middle Eastern Dance. Learn a new way to workout and have fun. (C, F) 60 minutes, B / I intensity

Boardwalk Walk: Leaving Robe and Key Desk at 8:00 a.m. Come explore the blissful boardwalk out back of our Resort overlooking Tampa Bay. We will observe Florida nature and experience moments of meditation. (R) 45 minutes, B / I intensity

Classic Yoga: A Yoga practice focusing on understanding each asana with an emphasis on taking your time to find your way to practice each pose. (E, F, R) 60 Minutes, B / I / A intensity

Core Yoga: Yoga with an emphasis on core strengthening using a variety of fitness practices. (E, S, F) 50 minutes I / A intensity

Gentle Yoga and Stretch: Learn techniques for gentle Yoga and breathing exercises for relaxation and meditation. This enhances creativity, tranquility and energizes the body. (E, F, R) 45 minutes of Yoga and 45 minutes of meditation, B / I intensity

Pi-Yo: A mind/body class integrating Pilates and Yoga with emphasis on alignment and breathing. (E, F, R, S) 45 minutes, I / A intensity

Restorative Yoga and Meditation: First 45 minutes of class is a gentle stretch and yoga class leading into a powerful meditation practice, easy and profound. This enhances creativity, tranquility and energizes the body. (R, F) 60 minutes, B / I intensity

Step and Sculpt: Intermittently on and off the bench, focus on cardio with balance, core stability and strength. (C, V, E, S, F) 50 minutes, I / A intensity

Seated Cycle Core & More: Early arrival is advised for bike and prop set-up. Intermittently on and off the cycling bike using light weights and body weight. Focus on balance, core stability and strength thru movements in all planes, while keeping cadence (C, V, E, R, S) 50-minutes, B / I / A intensity

Spin Class: Spin is a high energy indoor cycling class led by a motivating instructor. (C, V, E, R, S) 50-minutes, B / I / A intensity

Standing Core: Lengthen and lean your core using a variety of fitness equipment, all while enhancing your balance. (E, F, R) 45 minutes, B / I intensity

Standing Pilates: Adapting classic Pilates mat work exercises into a vertical plane enhancing everyday movements. Focus on learning to keep a neutral spine while standing, walking or bending. (E, F, R) 45 minutes, B / I intensity

Stretch and Relax: At the end of a morning of working out don’t miss this vital element. Use various stretching techniques to improve joint and muscle range of motion. (F, R) 30-50 minutes, B / I intensity

T’ai Chi: An ancient Chinese form of gentle exercise, which brings meditation through movement. Relaxed, fluid motions enhance balance, endurance, clarity and the calm necessary for optimum health and harmony. (F, R) 60 minutes, B / I / A intensity

Stretch, Relax and Meditation: Unwind and regenerate with this gentle, yoga-based stretch class for all levels. Enjoy a peaceful evening at the gym with this relaxing and feel-good class. (F, R) 60 minutes, B / I intensity

Total Body Conditioning: A muscular toning class utilizing tubing and weights, the bar and floor work to strengthen the muscles of the entire body. (E, S) 45 minutes, I / A intensity

Tri-Level Pilates: Adapting classic Pilates mat work with standing, seated and reclined exercises. Focus on learning to keep a neutral spine while standing, walking or bending. (E, F, R) 45 minutes, B / I intensity

Water Aerobics: A multi-intensity aerobic option offering minimal impact forces on the body. (C, V, F) 45 minutes, B / I intensity

Water Blast: A multi-intensity aerobic option offering minimal impact forces on the body. Includes some water resistance training the last part of class. (C, V, E, F) 50 minutes, B / I / A intensity

Water Work!: A complete strengthening workout in the water using the Water Balls and the body at various speeds to create challenging resistance. (E, S) 45 minutes, B / I intensity

Water ZUMBA: Aqua Zumba is a safe, challenging, fun, high energy, low-impact workout. (C, V, F) 45 minutes, B / I / A intensity

Yogalates: A mind/body class integrating yoga and pilates movements with emphasis on alignment and breathing. (F, R, S) 55 minutes, I / A intensity

ZUMBA Dance: Tone and condition your body with a high energy, Latin-based, low-impact workout. (C, V, F) 50 minutes, B / I / A intensity

COMPONENTS OF FITNESS:

CV Cardiovascular/Aerobic
E Muscular endurance
F Flexibility
R Relaxation
S Muscular strength

CLASS INTENSITY:
B Beginner
I Intermediate
A Advanced

June 2018