



Please make sure to bring layers to class, particularly the relaxation classes; a robe, a long sleeve shirt, socks, etc.

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) **50 minutes, B / I / A intensity**

Belly Dance: Also known as Middle Eastern Dance. Learn a new way to workout and have fun. (CV, 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)

30 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) **50 minutes 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

CLASS INTENSITY:

B Beginner

I Intermediate

A Advanced

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 Class: High energy with cardio. . (CV, 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 (CV, E, R, S) **50-minutes, B / I / A intensity**

Spin Class: Spin is a high energy indoor cycling class led by a motivating instructor. (CV, 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)

45 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

January 2019

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 aerobics option offering minimal impact forces on the body. (CV, E, F) **50 minutes, B / I 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. (CV, F) **50 minutes, B / I / A intensity**

Yogalates: A mind/body class integrating yoga and pilates movements with emphasis on alignment and breathing. (F, R, S) **50 minutes, I / A intensity**

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

COMPONENTS OF FITNESS:

CV Cardiovascular/Aerobic

E Muscular endurance

F Flexibility

R Relaxation

S Muscular strength