

JUNE 2026 | FITNESS SCHEDULE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Club Hours	5:00A — 10:00P	5:00A — 10:00P	5:00A — 10:00P	5:00A — 10:00P	5:00A — 9:00P	7:00A — 5:00P	8:00A — 3:00P
6:00AM	Pilates Gitte (#3)	Vinyasa Yoga Gitte(#3)	Spinergy Rythm Ride Gitte (#2)	Vinyasa Yoga Gitte(#3)	Spin &Sculpt Lourdes (#2)		
7:00AM			Vinyasa Yoga Paula (#3)		Vinyasa Yoga Paula (#3)		
8:30AM						CORE Karen(#3)	
9:00AM	ZUMBA Georgina (#3)	Vinyasa Yoga Bonnie (#3)	ZUMBA Georgina (#3)	Yoga Fusion Bonnie (#3)	ZUMBA Sandra (#3)	Spinning Karen (#2)	Core Pilates Christina (#3)
	Spinning Cathy (#2)		Spin & Functional (90min) 9:30am Cathy (#2)			ZUMBA Virnalis(#3)	
10:00AM	Pilates Fusion Miriam(#3)	Pump It Up! Maria(#3)		Spin & Sculpt Christina (#2)	Pump It Up! Maria (#3)	Pump It Up! Maria(#3)	Spinergy Rhythm Ride Christina(#2)
	Silver Sneakers Circuit (Hotel)	Silver Sneakers Circuit (Hotel)	Silver Sneakers Circuit (Hotel)	Silver Sneakers Circuit (Hotel)	Silver Sneakers Circuit (Hotel)		ZUMBA Sandra/Mayra (#3)
				ZUMBA Manny(#3)			
11:00AM	Silver Sneakers Classic (Hotel)	Silver Sneakers Classic (Hotel)	Silver Sneakers Classic (Hotel)	Silver Sneakers Classic (Hotel)	Mobility Pilates Miriam(#3)		
11:30AM	**11am—Zumba Gold & Tone Miriam(#3)	**11am—ZUMBA Manny(#3)			11am—Silver Sneakers Classic (Hotel)	YogaMukta Bonnie(#3) 90 mins.	Hatha Yoga Paula(#3)90 mins.
12:00PM	Vinyasa Yoga Bonnie(Hotel)		Chair Yoga Bonnie (Hotel)		Restorative Yoga Bonnie(Hotel)		
4:30PM	Pilates Gitte (#3)	Pure Strength Christina (#3)	Pilates Christina (#3)	Barre Basics Christina (#3)		All classes are 50 minutes in length unless otherwise noted. Classes and Instructors are subject to change. (Descriptions on reverse side) STUDIOS Studio #2 = Spinning Studio (#2) Studio #3 = Large Studio (#3)	
5:30 PM		Spinning Gitte (#2)		Spin & Sculpt Gitte (#2)			
		ZUMBA Virnalis(#3)					
6:00 PM	PUMP IT UP! Vivian (#3)		PUMP IT UP! Maria (#3)	ZUMBA Mercedes (#3)			
6:30PM		Boot Camp Jeff (#3)					
7:00 PM	ZUMBA Catalina (#3)		ZUMBA Sandra (#3)	7:15pm Yin Yoga Bonnie (#3) 90mins.			
7:30 PM		YogaMukta Bonnie (#3) 90mins.					

FITNESS CLASS DESCRIPTIONS

Barrelates / Raise the Barre

Barrelates – Create a lean toned physique with a combination of Barre and Pilates. Please bring your own mat and water bottle. Raise the Barre - A mix between ballet inspired moves, strength & balance.

Barre Basics

This Barre class helps build strong, lean and elongated muscles, improves your core strength & posture and challenges your entire body. Please bring your own mat.

Boot Camp

Get Ready to sweat in this full body workout with strength & power training using the STEP and dumbbells. Bring your own towel & water bottle.

Core

A killer core workout that focuses on all the interconnected muscles of the torso to help increase your power to carry out movement. (25 mins.)

Chair Yoga / Hatha Yoga

Chair Yoga – A gentle form of yoga that involves performing modified yoga poses while seated or using a chair for support. Hatha Yoga -Yoga that teaches physical postures, purification, and meditation. Based on Asanas and Pranayama which will leave you looser and relaxed. Please bring a yoga mat.

Pilates / Core Pilates / Pilates Fusion

Pilates/Core Pilates - This mat based Pilates class offers a body balancing system that strengthen , lengthens, realigns, and defines your body. Pilates Fusion – Adds a modern twist to classical Pilates incorporating exercises from different workout modalities , with the use of props. Please bring your own mat and water bottle.

Mobility Pilates

With precision & control this mind / body, Yoga -Pilates class will focus on core strength, flexibility, and overall body awareness. Bring your own mat.

Pilates Powerhouse

Power Pilates is a mat based class that works to the deepest levels of core muscles which helps you stabilize & support your spine, improves posture, balance and over all strength. Please bring your own mat and water bottle.

Pump It Up! / Pure Strength

Full -body workout using moderate weights (barbell & dumbbells). Helps reduce body fat and build strong muscles. Please bring your own mat and towel. Pure Strength – Strength workout for the entire body. (please bring a mat)

Restorative Yoga

Learn to relax and soothe your nerves with passive poses to help you feel rejuvenated. Bring your own mat and towel to class.

Silver Sneakers Classic /Circuit

Classic – A seated class focusing on strengthening muscles, improving balance, agility, coordination and increasing range of movement for daily life activities. (45 mins.) Circuit – This class safely increases intensity levels by alternating standing upper body strength training with standing low -impact aerobics. (45 mins) Tubing, hand weights & resistance balls used in both.

Spinning / Spin & Sculpt/Shred

Spinning – Get your heart pumping in this high -intensity exercise class on a stationary bicycle. Journeys include hill climbs, sprints, & intervals. Spin & Sculpt /Shred - A spinning class that combines cardio with strength training.

Spin and Function

This 90-minute class will incorporate the cardiovascular component for the Spinning. It will also incorporate a sculpt portion, which will focus on functional exercises.

Vinyasa Yoga / Yin Yoga

Vinyasa Yoga – A style of yoga characterized by arranging postures in an order, so you move from one to another seamlessly, using breath. Yin Yoga or Restorative Yoga – A slow paced style of yoga with easy postures that stretch beyond the muscles, deep into the tendons, ligaments and fascia. Designed to heal, restore, and relieve stress. Please bring a yoga mat.

Yogalates Flow

This combination Yoga/Pilates class takes the flexibility & meditative elements of yoga and fuses them with the muscle strengthening & toning of Pilates. Please bring your own mat.

Yoga Mukta

A class of liberation, work at your own level, free of attachment. A blend of Hatha & Vinyasa Yoga, with special attention to alignment. Please bring your own mat and water bottle. (90 mins.)

Zumba / Zumba Gold & Tone

A Latin dance class with lots of flare. Choreographed routines designed to get your heart pumping & hips moving. (salsa, merengue, hip -hop, mambo, and others) ZUMBA GOLD & TONE: Modified version of Zumba with added resistance training using light weights. (45mins.)