



FITNESS CLASSES

FEBRUARY 2025



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:00 - 8:50 am Weights, Bands, Core & More <hr/> HIIT (Outside)	8:00 - 8:50 am Tone/Cardio/Core	8:00 - 8:50 am Weights, Bands, Core & More	8:00 - 8:50 am Tone/Cardio/Core	8:00 - 8:50 am Weights, Bands, Core & More		
9:00 - 9:50 am Aqua Fitness <hr/> Flow Yoga	9:00 - 9:50 am Aqua Fitness <hr/> Step Interval	9:00 - 9:50 am Aqua Fitness <hr/> Toning with Versa Bands	9:00 - 9:50 am Aqua Fitness <hr/> Flow Yoga (Light on Wrists)	9:00 - 9:50 am Aqua Fitness <hr/> Tabata	9:00 - 9:50 am Aqua Fitness <hr/> Toning with Versa Bands	9:15 - 10:15 am Flow Yoga
10:00 - 10:50 am Stretch Fusion	10:00 - 10:50 am Tabata	10:00 - 10:50 am Stretch/Balance Fusion	10:00 - 10:50 am Stretch Fusion	10:00 - 10:50 am Stretch Fusion/ Foam Rolling	10:00 - 10:50 am Stretch	10:00 - 10:50 am Yoga Sculpt
11:00 - 11:50 am Fit for Life	11:00 - 11:50 am Yin Yoga/ Restorative	11:00 - 11:50 am Fit for Life	11:00 - 11:50 am Step Combo	11:00 - 11:50 am Fit for Life		
12:00 - 12:50 pm Fitness Fusion 360	12:00 - 12:50 pm Chair Yoga/ Stretch & Balance	12:00 - 12:50 pm Broga Stretch (Male Specific)	12:00 - 12:50 pm Chair Yoga/ Stretch & Balance	12:00 - 12:50 pm Flow Yoga		
1:00 - 1:50 pm Tai Chi Intermediate	1:00 - 1:50 pm Ultimate Abs & Glutes	1:00 - 1:50 pm Circuit Training	1:00 - 1:50 pm Bar, Ball, & Bell	1:00 - 1:50 pm Tai Chi Intermediate		
4:30 - 5:20 pm Yoga Sculpt	4:00 - 4:50 pm Flow Yoga	4:30 - 5:20 pm Yoga Sculpt	4:00 - 4:50 pm Barre Sculpt			

THE LODGE SPINNING STUDIO CLASSES

9:00 - 9:50 am Spinning	9:00 - 9:50 am Spinning	9:00 - 9:50 am Beginner/ Intermediate	9:00 - 9:50 am Spinning	9:00 - 9:50 am Elite Spinning	9:00 - 9:50 am Elite Spinning	9:00 - 9:50 am Pop Cycle
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CLASSES ARE LIMITED.
To ensure a spot, call to sign up:

386.246.5589

Guest of Member Fee | \$15
Extended Family Member Fee | \$10
Resort Guest Fee | \$20

Class schedule and instructors subject to change without notice. Schedule effective 2/1/2025

Friendly Reminders:

Please pre-register in MindBody for Group Fitness classes. Appropriate footwear in Group Fitness class is mandatory in order to prevent injury. Please see Membership Handbook for more information.

Personal Training Sessions:

Couples Training \$90 | 60-Minute Adult Session \$60 | 30-Minute Adult Session \$40
60-Minute Teen Session \$50 | 30-Minute Teen Session \$40

FITNESS CLASSES

FOR QUESTIONS OR HELP DECIDING WHICH CLASS IS BEST FOR YOU, CALL 386.246.5589

Aqua Fitness: This class involves a warm up phase, cardio training, toning and strengthening exercises all done in the comfort of a heated pool (typically 84 degrees). Seasonally the class will be held at the Upper Deck Pool if the outdoor temperature is over 70 degrees. In the event the class is outside please consider applying sunscreen wearing a hat and sunglasses.

Beginner/Intermediate Spinning: Focuses on the foundation of spinning where you learn about cadence, tempo, and much more at your own pace. Reusable water bottle required.

Broga Stretch (Men): This class is designed with golfers in mind and teaches basic stretching and relaxation techniques. Focus is placed on increasing flexibility through a variety of postures.

Chair Yoga/Stretch & Balance: Chair Yoga is an adapted form of practice that makes yoga accessible to everyone. The chair replaces the yoga mat and becomes an extension of the body, allowing the client to take full advantage of the benefits.

Circuit Training: A form of body conditioning that involves endurance training, resistance training, high-intensity aerobics and exercise performed in a circuit that targets strength-building and muscular endurance.

Elite Spinning: Enjoy this high intensity, upbeat class designed to keep you motivated and energized. Focused on smooth transitions between fat burn, cardio and anaerobic heart rate zones while staying in sync to the music. Suitable for Intermediate to Advanced riders. Reusable water bottle required.

Fit for Life: This light functional class focuses on balance and physical skills for people of all levels who want to maintain an active lifestyle. Each exercise will be performed based on the skill and strength level of participants in a stable environment.

Fitness Fusion 360: This combo class focuses on burning calories and fat, while improving the cardiovascular system for better breathing and lung capacity. Build lean muscle, strengthen, enhance balance and improve joint flexibility by fusing forms of low cardio on or off a step, strength training with various equipment and mat floor work for the total core.

Flow Yoga: This mixed-levels class starts with a warm-up of breathing and stretching, then builds heat with a series of flow postures designed to enhance flexibility and balance while building core strength.

Flow Yoga (Light on Wrists): Mixed-level class starting with a warm-up of breathwork and stretching. Movements are light on the wrists so that you can move with ease through the asanas. All levels welcome.

Intro to Tai Chi/Qigong: Tai Chi consists of standing performing a series of posture or bodily movements in a slow and graceful manner, with each movement flowing without pause to the next. The goal of this practice is to improve mobility, flexibility, and balance while enhancing longevity.

Pop Cycle: Top-notch instructors, invigorating music and visualization come together to make spinning both fun and effective. Enjoy pop hits while you find your spinning rhythm. This is a great class for every fitness level.

Spinning: Top-notch instructors, invigorating music and visualization come together to make spinning both fun and effective. A great class for every fitness level. Reusable water bottle required

Step Combo: Designed to get you moving, improve your cardio fitness and overall conditioning. It focuses on lower body and core with a fun cardio-specific routine.

Step Interval: Combination of high/low cardio movements on and off the step. This class also features 15 minutes of abdominal training and a relaxing stretch at the end.

Stretch: A combination of static and dynamic stretching techniques, standing on the floor, to improve flexibility and range of motion.

Stretch Fusion/Foam Rolling: This is a total body stretch and core class incorporating Foam Rolling to increase core strength, flexibility and mobility, enhance recovery, minimize injury and optimize performance. Movements are performed standing, sitting and lying down on a mat.

Tabata: Cardiovascular and strength training workout that elevates your heart rate and burns many calories in a short time. Consists of eight sets of fast-paced exercises each performed for 20 seconds interspersed with 10 second rest.

Tone/Cardio/Core: A medium intensity class that incorporates fun and challenging exercises, to increase strength, mobility, and much more. This full body class keeps your muscles burning and your body guessing.

Toning with Versa Bands: This class is designed to focus on core strength, glute engagement, hip stabilization, and toning. Join us for an amazing versa band training routine.

Ultimate Abs & Glutes: This class uses essential fitness movements to tighten and tone those hard-to-hit areas using a combination of equipment and body resistance.

Weights, Bands, Core & More: A total body conditioning class designed with strength training exercises using a mixed variety of equipment (weights, bands, bars, and balls).

Yin Yoga/Restorative: A slow-paced yoga practice where floor poses are held for several minutes with the aid of props, targeting the joints, connective tissues, and fascia.

Yoga Sculpt: This blended yoga flow combines low intensity interval training and mat Pilates to build lean muscle mass, flexibility and balance to strengthen your lower body and core.