



THE GASPARILLA INN  
& CLUB

Fitness Classes

Monday – Saturday (no classes on Sunday)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>November 2018</b>			<b>1</b> 8:00 Pilates* ~ Natalie 9:00 Cardio Circuit* ~ Jacob	<b>2</b> 8:00 Yoga* ~ Dennis 9:15 B,B, S C* ~ Kasey 10:00 Aqua Aerobics* ~ Samantha	<b>3</b> 8:30 Yoga* ~ Ginny 9:30 Beach Boot Camp*+ ~ Jacob
<b>5</b> 8:00 Yoga* ~ Ginny 9:15 B,B, S C* ~ Kasey 10:00 Aqua Aerobics* ~ Samantha	<b>6</b> 8:00 Yoga* ~ Natalie 9:00 Pilates* ~ Natalie 10:00 Cardio Circuit* ~ Jacob	<b>7</b> 8:00 Yoga* ~ Ginny 10:00 Aqua Aerobics* ~ Samantha	<b>8</b> 8:00 Pilates* ~ Natalie 9:00 Cardio Circuit* ~ Jacob	<b>9</b> 8:00 Yoga* ~ Dennis 9:15 B,B, S C* ~ Kasey 10:00 Aqua Aerobics* ~ Samantha	<b>10</b> 8:30 Yoga* ~ Ginny 9:30 Beach Boot Camp*+ ~ Jacob
<b>12</b> 8:00 Yoga* ~ Ginny 9:15 B,B, S C* ~ Kasey 10:00 Aqua Aerobics* ~ Samantha	<b>13</b> 8:00 Yoga* ~ Natalie 9:00 Pilates* ~ Natalie 10:00 Cardio Circuit* ~ Jacob	<b>14</b> 8:00 Yoga* ~ Samantha 10:00 Aqua Aerobics* ~ Samantha	<b>15</b> 8:00 Pilates* ~ Natalie 9:00 Cardio Circuit* ~ Jacob	<b>16</b> 8:00 Yoga* ~ Dennis 9:15 B,B, S C* ~ Kasey 10:00 Aqua Aerobics* ~ Samantha	<b>17</b> 8:30 Yoga* ~ Ginny 9:30 Beach Boot Camp*+ ~ Jacob
<b>19</b> 8:00 Yoga* ~ Natalie 9:15 B,B, S C* ~ Kasey 10:00 Aqua Aerobics* ~ Samantha	<b>20</b> 8:00 Yoga* ~ Natalie 9:00 Pilates* ~ Natalie 10:00 Cardio Circuit* ~ Jacob	<b>21</b> 8:00 Yoga* ~ Ginny 10:00 Aqua Aerobics* ~ Samantha	<b>22</b> 8:00 Pilates* ~ Natalie 9:00 Cardio Circuit* ~ Jacob	<b>23</b> 8:00 Yoga* ~ Dennis 9:15 B,B, S C* ~ Kasey 10:00 Aqua Aerobics* ~ Samantha	<b>24</b> 8:30 Yoga* ~ Ginny 9:30 Beach Boot Camp*+ ~ Jacob
<b>26</b> 8:00 Yoga* ~ Ginny 9:15 B,B, S C* ~ Kasey 10:00 Aqua Aerobics* ~ Samantha	<b>27</b> 8:00 Yoga* ~ Natalie 9:00 Pilates* ~ Natalie 10:00 Cardio Circuit* ~ Jacob	<b>28</b> 8:00 Yoga* ~ Ginny 10:00 Aqua Aerobics* ~ Samantha	<b>29</b> 8:00 Pilates* ~ Natalie 9:00 Cardio Circuit* ~ Jacob	<b>30</b> 8:00 Yoga* ~ Dennis 9:15 B,B, S C* ~ Kasey 10:00 Aqua Aerobics* ~ Samantha	

B,B,S & C = Band, Balance, Strength & Core  
\*All Levels  
+ Weather permitting

Classes Subject to change.  
For more information or to schedule private or group sessions, please call 964-4555.  
Resort Guests \$12.00 Beach Club Members \$10.00