



**THE GASPARILLA INN  
& CLUB**

**Fitness Classes**

Monday – Saturday (no classes on Sunday)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
<b>January 2019</b>	<b>1</b> 7:30 Pilates* ~ Natalie 8:30 Yoga* ~ Natalie 9:30 Cardio Circuit* ~ Jacob	<b>2</b> 8:30 Yoga* ~ Ginny 9:30 B,B, S C* ~ Kasey	<b>3</b> 7:30 Pilates* ~ Natalie 8:30 Yoga* ~ Natalie 9:30 Cardio Circuit* ~ Jacob	<b>4</b> 8:30 Yoga* ~ Dennis 9:30 B,B, S C* ~ Kasey 10:00 Aqua Aerobics*~Samantha	<b>5</b> 8:30 Yoga* ~ Ginny 9:30 Beach Boot Camp*+ ~ Jacob	
	<b>7</b> 8:30 Yoga* ~ Ginny 9:30 B,B, S C* ~ Kasey 10:00 Aqua Aerobics* ~ Samantha	<b>8</b> 7:30 Pilates* ~ Natalie 8:30 Yoga* ~ Natalie 9:30 Cardio Circuit* ~ Jacob	<b>9</b> 8:30 Yoga* ~ Ginny 9:30 B,B, S C* ~ Kasey 10:00 Aqua Aerobics* ~ Samantha	<b>10</b> 7:30 Pilates* ~ Natalie 8:30 Yoga* ~ Natalie 9:30 Cardio Circuit* ~ Jacob	<b>11</b> 8:30 Yoga* ~ Dennis 9:30 B,B, S C* ~ Kasey 10:00 Aqua Aerobics*~Samantha	<b>12</b> 8:30 Yoga* ~ Ginny 9:30 Beach Boot Camp*+ ~ Jacob
	<b>14</b> 8:30 Yoga* ~ Ginny 9:30 B,B, S C* ~ Kasey 10:00 Aqua Aerobics* ~ Samantha	<b>15</b> 7:30 Pilates* ~ Natalie 8:30 Yoga* ~ Natalie 9:30 Cardio Circuit* ~ Jacob	<b>16</b> 8:30 Yoga* ~ Ginny 9:30 B,B, S C* ~ Kasey 10:00 Aqua Aerobics* ~ Samantha	<b>17</b> 7:30 Pilates* ~ Natalie 8:30 Yoga* ~ Natalie 9:30 Cardio Circuit* ~ Jacob	<b>18</b> 8:30 Yoga* ~ Dennis 9:30 B,B, S C* ~ Kasey	<b>19</b> 8:30 Yoga* ~ Ginny 9:30 Beach Boot Camp*+ ~ Jacob
	<b>21</b> 8:30 Yoga* ~ Ginny 9:30 B,B, S C* ~ Kasey	<b>22</b> 7:30 Pilates* ~ Natalie 8:30 Yoga* ~ Natalie 9:30 Cardio Circuit* ~ Jacob	<b>23</b> 8:30 Yoga* ~ Ginny 9:30 B,B, S C* ~ Kasey 10:00 Aqua Aerobics* ~ Samantha	<b>24</b> 7:30 Pilates* ~ Natalie 8:30 Yoga* ~ Natalie 9:30 Cardio Circuit* ~ Jacob	<b>25</b> 8:30 Yoga* ~ Dennis 9:30 B,B, S C* ~ Kasey 10:00 Aqua Aerobics*~Samantha	<b>26</b> 8:30 Yoga* ~ Ginny 9:30 Beach Boot Camp*+ ~ Jacob
	<b>28</b> 8:30 Yoga* ~ Ginny 9:30 B,B, S C* ~ Kasey 10:00 Aqua Aerobics* ~ Samantha	<b>29</b> 7:30 Pilates* ~ Natalie 8:30 Yoga* ~ Natalie 9:30 Cardio Circuit* ~ Jacob	<b>30</b> 8:30 Yoga* ~ Ginny 9:30 B,B, S C* ~ Kasey 10:00 Aqua Aerobics* ~ Samantha	<b>31</b> 7:30 Pilates* ~ Natalie 8:30 Yoga* ~ Natalie 9:30 Cardio Circuit* ~ Jacob		

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