



**THE GASPARILLA INN
& CLUB**

Fitness Classes

Monday – Saturday (no classes on Sunday)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
March 2019				1 8:30 Yoga* ~ Dennis 9:30 B,B, S C* ~ Kasey 10:00 Aqua Aerobics* ~ Samantha	2 8:30 Yoga* ~ Ginny 9:30 Beach Boot Camp*+ ~ Jacob
4 9:30 B,B, S C* ~ Kasey 10:00 Aqua Aerobics* ~ Samantha	5 7:30 Pilates* ~ Natalie 8:30 Yoga* ~ Natalie 9:30 Cardio Circuit* ~ Jacob	6 8:30 Yoga* ~ Ginny 9:30 B,B, S C* ~ Kasey 10:00 Aqua Aerobics* ~ Samantha	7 7:30 Pilates* ~ Natalie 8:30 Yoga* ~ Natalie 9:30 Cardio Circuit* ~ Jacob	8 8:30 Yoga* ~ Dennis 9:30 B,B, S C* ~ Kasey 10:00 Aqua Aerobics* ~ Samantha	9 8:30 Yoga* ~ Ginny 9:30 Beach Boot Camp*+ ~ Jacob
11 8:30 Yoga* ~ Ginny 9:30 B,B, S C* ~ Kasey 10:00 Aqua Aerobics* ~ Samantha	12 7:30 Pilates* ~ Natalie 8:30 Yoga* ~ Natalie 9:30 Cardio Circuit* ~ Jacob	13 8:30 Yoga* ~ Ginny 9:30 B,B, S C* ~ Kasey 10:00 Aqua Aerobics* ~ Samantha	14 7:30 Pilates* ~ Natalie 8:30 Yoga* ~ Natalie 9:30 Cardio Circuit* ~ Jacob	15 8:30 Yoga* ~ Dennis 9:30 B,B, S C* ~ Kasey 10:00 Aqua Aerobics* ~ Samantha	16 8:30 Yoga* ~ Ginny 9:30 Beach Boot Camp*+ ~ Jacob
18 8:30 Yoga* ~ Ginny 9:30 B,B, S C* ~ Kasey 10:00 Aqua Aerobics* ~ Samantha	19 7:30 Pilates* ~ Natalie 8:30 Yoga* ~ Natalie 9:30 Cardio Circuit* ~ Jacob	20 8:30 Yoga* ~ Ginny 9:30 B,B, S C* ~ Kasey 10:00 Aqua Aerobics* ~ Samantha	21 7:30 Pilates* ~ Natalie 8:30 Yoga* ~ Natalie 9:30 Cardio Circuit* ~ Jacob	22 8:30 Yoga* ~ Dennis 9:30 B,B, S C* ~ Kasey 10:00 Aqua Aerobics* ~ Samantha	23 8:30 Yoga* ~ Ginny 9:30 Beach Boot Camp*+ ~ Jacob
25 8:30 Yoga* ~ Ginny 9:30 B,B, S C* ~ Kasey 10:00 Aqua Aerobics* ~ Samantha	26 7:30 Pilates* ~ Natalie 8:30 Yoga* ~ Natalie 9:30 Cardio Circuit* ~ Jacob	27 8:30 Yoga* ~ Ginny 9:30 B,B, S C* ~ Kasey 10:00 Aqua Aerobics* ~ Samantha	28 7:30 Pilates* ~ Natalie 8:30 Yoga* ~ Natalie 9:30 Cardio Circuit* ~ Jacob	29 7:30 Pilates* ~ Natalie 8:30 Yoga* ~ Natalie 9:30 Cardio Circuit* ~ Jacob	30 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