May 2019

New News

Please take a minute to look over fitness calendar classes as they have changed.

Our Saturday 9:30 a.m. Beach Boot Camp is weather permitting. If rain occurs, we will move the class to the fitness studio

Water Aerobics is in lap pool Monday, Wednesday & Friday at 10am weather permitted

The Spa & Lap Pool hours are
8:00 a.m. – 6:00 p.m.
The Fitness Center hours are
7:00 a.m. – 6:00 p.m.

Health & Wellness

GASPARILLA INN SPA MENU
11:30 a.m. - 2:30 p.m. daily
6 flavorful Bento Boxes to choose from

WELLNESS
RELAX
RENEW
HARMONY
RECHARGE
INDULGE

Greetings,

Was a busy April for the Spa. We hope everyone has been enjoying this beautiful weather we are having. Take a minute to write down any goals you have for the upcoming coming summer to keep yourself on track and accountable.

Please remember if you are having house guests/family visiting and would like them to access the Spa or Beach Club, please contact Tina at (941)-964-4502.

If you have any questions or comments please feel free to contact me. I value the ideas and input of our guests and members.

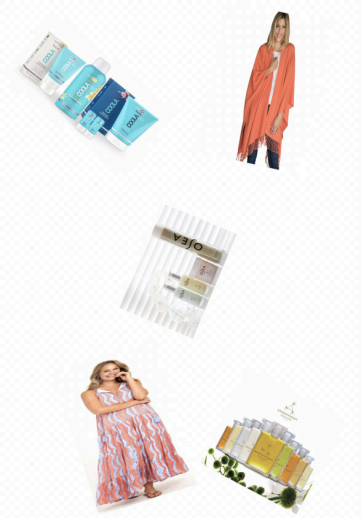
Healthy Wishes,
Gabrielle Brady
Spa & Fitness Manager

Spa Retail

Mother's Day is May 12th

Come in and schedule an appointment for Mom and include some of her favorite products.

A little something for everyones mom.



THE GASPARILLA INN & CLUB

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