



THE GASPARILLA INN  
& CLUB

### May Fitness Classes

Monday – Saturday (no classes on Sunday)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<b>1</b> 8:30 Yoga*~Ginny 9:30 B,B,S & C*~ Kasey 10:00 Aqua Aerobics* ~Samantha	<b>2</b> 8:30 Pilates*~Natalie 9:30 Cardio Circuit~ Jacob	<b>3</b> 8:30 Yoga*~Dennis 9:30 B,B,S & C*~ Kasey 10:00 Aqua Aerobics* ~Samantha	<b>4</b> 8:30 Yoga* ~Ginny <b>NO BEACH BOOT CAMP</b>
<b>6</b> 8:30 Yoga*~Dennis 9:30 B,B,S & C*~ Kasey 10:00 Aqua Aerobics* ~ Samantha	<b>7</b> <b>NO PILATIES</b> 8:30 Yoga*~Dennis 9:30 Cardio Circuit ~ Jacob	<b>8</b> 8:30 Yoga*~Dennis 9:30 B,B,S & C*~ Kasey 10:00 Aqua Aerobics* ~ Samantha	<b>9</b> <b>NO PILATIES</b> <b>NO YOGA</b> 9:30 Cardio Circuit ~ Jacob	<b>10</b> 8:30 Yoga* ~ Dennis 9:30 B,B,S & C* ~ Kasey 10:00 Aqua Aerobics* ~ Samantha	<b>11</b> 8:30 Yoga* ~ Ginny 9:30 Beach Boot Camp* ~ Jacob
<b>13</b> 8:30 Yoga* ~ Ginny 9:30 B,B,S & C* ~ Kasey 10:00 Aqua Aerobics* ~ Samantha	<b>14</b> 8:00 Cardio Circuit* ~ Jacob 9:00 Yoga* ~ Natalie 10:00 Platies* ~ Natalie	<b>15</b> 8:30 Yoga* ~ Ginny 9:30 B,B,S & C* ~ Kasey 10:00 Aqua Aerobics* ~ Samantha	<b>16</b> 8:00 Cardio Circuit* ~ Jacob 9:00 Yoga* ~ Natalie 10:00 Platies* ~ Natalie	<b>17</b> 8:30 Yoga* ~ Dennis 9:30 B,B,S & C* ~ Kasey 10:00 Aqua Aerobics* ~ Samantha	<b>18</b> 8:30 Yoga* ~ Ginny 9:30 Beach Boot Camp* ~ Jacob
<b>20</b> 8:30 Yoga* ~ Ginny 9:30 B,B,S & C* ~ Kasey 10:00 Aqua Aerobics* ~ Samantha	<b>21</b> 8:00 Cardio Circuit* ~ Jacob 9:00 Yoga* ~ Natalie 10:00 Platies* ~ Natalie	<b>22</b> 8:30 Yoyalaties ~ Samantha 9:30 B,B,S & C* ~ Kasey 10:00 Aqua Aerobics* ~ Samantha	<b>23</b> 8:00 Cardio Circuit* ~ Jacob 9:00 Yoga* ~ Natalie 10:00 Platies* ~ Natalie	<b>24</b> 8:30 Yoga* ~ Dennis 9:30 B,B,S & C* ~ Kasey 10:00 Aqua Aerobics* ~ Samantha	<b>25</b> 8:30 Yoga* ~Ginny 9:30 Beach Boot Camp* ~ Jacob
<b>27</b> 8:30 Yoga* ~ Ginny 9:30 B,B,S & C* ~ Kasey 10:00 Aqua Aerobics* ~ Samantha	<b>28</b> 8:00 Cardio Circuit* ~ Jacob 9:00 Yoga* ~ Natalie 10:00 Platies* ~ Natalie	<b>29</b> 8:30 Yoga* ~ Ginny 9:30 B,B,S & C* ~ Kasey 10:00 Aqua Aerobics* ~Samantha	<b>30</b> 8:00 Cardio Circuit* ~ Jacob 9:00 Yoga* ~ Natalie 10:00 Platies* ~ Natalie	<b>31</b> 8:30 Yoga* ~ Dennis 9:30 B,B,S & C* ~ Kasey <b>NO AQUA AEROBICS</b>	

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