



THE GASPARILLA INN & CLUB

April 2024 Fitness Schedule

If you would like to reserve your spot for a class please call 941-964-4555.

Members classes: \$12.00 | Guest of Inn: \$15.00
 * = all levels | + = weather permitting | CXD = Class Cancelled

Transform: Focus on Glutes, Core & Strength | **Pumped:** Full body workout designed to help get lean, tone & fit | **Boot Camp:** Outside cardio circuit, times intervals at different circuits | **Cardio Circuit:** timed intervals at different stations

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
31	1 8:30 Yoga* Jillian 9:30 Aqua Aerobics+* Samantha 9:50 Transform* Kasey	2 7:20 Cardio Circuit* Ryan 8:30 Yoga* Karen 9:50 Pumped* Kasey	3 8:30 Yoga* Charlotte 9:30 Aqua Aerobics+* Samantha 9:50 Transform* Kasey	4 7:20 Cardio Circuit* Ryan 8:30 Yoga* Karen 9:50 Pumped* Kasey	5 8:30 Yoga* Charlotte 9:30 Aqua Aerobics+* Samantha 9:50 Transform* Kasey	6 8:00 Boot Camp+* (outside)Ryan 8:30 Yoga* Karen
7	8 8:30 Yoga* Jillian 9:30 Aqua Aerobics+* Samantha 9:50 Transform* Kasey	9 7:20 Cardio Circuit* Ryan 8:30 Yoga* Karen 9:50 Pumped* Kasey	10 8:30 Yoga* Charlotte 9:30 Aqua Aerobics+* Samantha 9:50 Transform* Kasey	11 7:20 Cardio Circuit* Ryan 8:30 Yoga* Karen 9:50 Pumped* Kasey	12 8:30 Yoga* Charlotte 9:30 Aqua Aerobics+* Samantha 9:50 Transform* Kasey	13 8:00 Boot Camp+* (outside)Ryan 8:30 Yoga* Karen
14	15 8:30 Yoga* Jillian 9:30 Aqua Aerobics+* Samantha 9:50 Transform* Kasey	16 7:20 Cardio Circuit* Ryan 8:30 Yoga* Karen 9:50 Pumped* Kasey	17 8:30 Yoga* Charlotte 9:30 Aqua Aerobics+* Samantha 9:50 Transform* Kasey	18 7:20 Cardio Circuit* Ryan 8:30 Yoga* Karen 9:50 Pumped* Kasey	19 8:30 Yoga* Charlotte 9:30 Aqua Aerobics+* Samantha 9:50 Transform* Kasey	20 8:00 Boot Camp+* (outside)Ryan 8:30 Yoga* Karen
21	22 8:30 Yoga* Jillian 9:30 Aqua Aerobics+* Samantha 9:50 Transform* Kasey	23 7:20 Cardio Circuit* Ryan 8:30 Yoga* Karen 9:50 Pumped* Kasey	24 8:30 Yoga* Charlotte 9:30 Aqua Aerobics+* Samantha 9:50 Transform* Kasey	25 7:20 Cardio Circuit* Ryan 8:30 Yoga* Karen 9:50 Pumped* Kasey	26 8:30 Yoga* Charlotte 9:30 Aqua Aerobics+* Samantha 9:50 Transform* Kasey	27 8:00 Boot Camp+* (outside)Ryan 8:30 Yoga* Karen
28	29 8:30 Yoga* Jillian 9:30 Aqua Aerobics+* Samantha 9:50 Transform* Kasey	30 7:20 Cardio Circuit* Ryan 8:30 Yoga* Karen 9:50 Pumped* Kasey	31 8:30 Yoga* Charlotte 9:30 Aqua Aerobics+* Samantha 9:50 Transform* Kasey			