

# Fitness Classes & Activities

# June 2017



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				01	02	03
04	05	06	07	08	09	10
11 Yard Game Olympics Crazy Tic-Tac-Toe	12 9:30am Poolside Pilates 10:15am POUND® 12:30pm Beginner Yoga	13 Volleyball 10:15am Zumba® 12:30pm Vinyasa	14 8:30am Aqua Yoga 9:30am Poolside Pilates 10:15am STRONG by Zumba® 12:30pm Beginner Yoga	15 10:15am Zumba® 12:30pm Family Fun Yoga	16 8:30am Aqua Yoga 10:15am STRONG by Zumba® 12:30pm Vinyasa	17 11:30am Zumba® 12:30pm Family Fun Yoga
18 Yard Game Olympics Crazy Tic-Tac-Toe	19 9:30am Poolside Pilates 10:15am POUND® 12:30pm Beginner Yoga	20 Volleyball 10:15am Zumba® 12:30pm Vinyasa	21 8:30am Aqua Yoga 9:30am Poolside Pilates 10:15am STRONG by Zumba® 12:30pm Beginner Yoga	22 10:15am Zumba® 12:30pm Family Fun Yoga	23 8:30am Aqua Yoga 10:15am STRONG by Zumba® 12:30pm Vinyasa	24 12:30pm Family Fun Yoga
25 Yard Game Olympics Crazy Tic-Tac-Toe	26 9:30am Poolside Pilates 10:15am POUND® 12:30pm Beginner Yoga	27 Volleyball 10:15am Zumba® 12:30pm Vinyasa	28 8:30am Aqua Yoga 9:30am Poolside Pilates 10:15am STRONG by Zumba® 12:30pm Beginner Yoga	29 10:15am Zumba® 12:30pm Family Fun Yoga	30 8:30am Aqua Yoga 10:15am STRONG by Zumba® 12:30pm Vinyasa	

Swim & Fitness Club  
Marina Lawn  
Observation Platform  
Sunset Beach

All classes require reservations through Bay Harbor Village Hotel and must meet minimum participation requirements. In the case of inclement weather, please call Bay Harbor Village Hotel activities at 231-838-1311 for possible cancellations and to make activity reservations.

# Fitness Classes & Activities

For more information, visit bayharborvillagehotel.com

# July 2017



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						<b>01</b> 11:30am Zumba® 12:30pm Family Fun Yoga
<b>02</b> Yard Game Olympics Crazy Tic-Tac-Toe	<b>03</b> 9:30am Poolside Pilates 10:15am POUND® 12:30pm Beginner Yoga	<b>04</b> Volleyball 10:15am Zumba® 12:30pm Vinyasa	<b>05</b> 8:30am Aqua Yoga 9:30am Poolside Pilates 10:15am STRONG by Zumba® 12:30pm Beginner Yoga	<b>06</b> 10:15am Zumba® 12:30pm Family Fun Yoga	<b>07</b> 8:30am Aqua Yoga 10:15am STRONG by Zumba® 12:30pm Vinyasa	<b>08</b> 11:30am Zumba®
<b>09</b> Yard Game Olympics Crazy Tic-Tac-Toe	<b>10</b> 9:30am Poolside Pilates 10:15am POUND® 12:30pm Beginner Yoga	<b>11</b> Volleyball 10:15am Zumba® 12:30pm Vinyasa	<b>12</b> 8:30am Aqua Yoga 9:30am Poolside Pilates 10:15am STRONG by Zumba® 12:30pm Beginner Yoga	<b>13</b> Chat & Chill 10:15am Zumba® 12:30pm Family Fun Yoga	<b>14</b> 8:30am Aqua Yoga 10:15am STRONG by Zumba® 12:30pm Vinyasa	<b>15</b> 11:30am Zumba® 12:30pm Family Fun Yoga
<b>16</b> Yard Game Olympics Crazy Tic-Tac-Toe	<b>17</b> 10:15am POUND® 12:30pm Beginner Yoga	<b>18</b> Volleyball 10:15am Zumba® 12:30pm Vinyasa	<b>19</b> 8:30am Aqua Yoga 10:15am STRONG by Zumba® 12:30pm Beginner Yoga	<b>20</b> Chat & Chill 10:15am Zumba® 12:30pm Family Fun Yoga	<b>21</b> 8:30am Aqua Yoga 10:15am STRONG by Zumba® 12:30pm Vinyasa	<b>22</b> 11:30am Zumba® 12:30pm Family Fun Yoga
<b>23/30</b> Yard Game Olympics Crazy Tic-Tac-Toe	<b>24/31</b> 9:30am Poolside Pilates 10:15am POUND® 12:30pm Beginner Yoga	<b>25</b> Volleyball 10:15am Zumba® 12:30pm Vinyasa	<b>26</b> 8:30am Aqua Yoga 9:30am Poolside Pilates 10:15am STRONG by Zumba® 12:30pm Beginner Yoga	<b>27</b> Chat & Chill 10:15am Zumba® 12:30pm Family Fun Yoga	<b>28</b> 10:15am STRONG by Zumba®	<b>29</b> 11:30am Zumba®

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# August 2017



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<b>01</b> Volleyball 10:15am Zumba® 12:30pm Vinyasa	<b>02</b> 8:30am Aqua Yoga 9:30am Poolside Pilates 10:15am STRONG by Zumba® 12:30pm Beginner Yoga	<b>03</b> Chat & Chill 10:15am Zumba® 12:30pm Family Fun Yoga	<b>04</b> 8:30am Aqua Yoga 10:15am STRONG by Zumba® 12:30pm Vinyasa	<b>05</b> 11:30am Zumba® 12:30pm Family Fun Yoga
<b>06</b> Yard Game Olympics Crazy Tic-Tac-Toe	<b>07</b> 9:30am Poolside Pilates 10:15am POUND® 12:30pm Beginner Yoga	<b>08</b> Volleyball 10:15am Zumba® 12:30pm Vinyasa	<b>09</b> 8:30am Aqua Yoga 9:30am Poolside Pilates 10:15am STRONG by Zumba® 12:30pm Beginner Yoga	<b>10</b> Chat & Chill 10:15am Zumba® 12:30pm Family Fun Yoga	<b>11</b> 8:30am Aqua Yoga 10:15am STRONG by Zumba® 12:30pm Vinyasa	<b>12</b> 11:30am Zumba® 12:30pm Family Fun Yoga
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## Fitness Classes & Activities

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### Aqua Yoga • \$15/person - *Members Only*

Gentle and restorative body conditioning using our natural buoyancy and water's calming support. Improve circulation and flexibility with near weightless ease. This class is great for beginners to intermediate level participants.

### Beach Pilates • \$35/person

Beach Pilates (Mat) is a series of Pilates exercises performed on a mat without equipment. Each exercise emphasizes breath, core conditioning, flexibility, strength and balance. Instructors will pay special attention to alignment and form.

### Beginner Yoga • \$15/person

Perfect for your first class, begin here with the basics. Welcoming all shapes, sizes and ages, we learn body awareness and breathing resulting in stress and tension relief. Hop on the mat and start to build the fundamentals of yoga and begin to improve strength, flexibility and body awareness through this guided and supportive class.

### Chat & Chill • *Complementary to Members*

Members of the Bay Harbor Swim & Fitness Club are invited to gather around the pool area at the club and enjoy conversation over drinks and lite appetizers. Get to know the members of the community and your neighbors each Thursday throughout the summer. Contact the Swim & Fitness Club for additional details.

### Crazy Tic-Tac-Toe • *Complementary*

Take part in a two-team challenge with life-size Tic-Tac-Toe! Relay with water balloons and beat the other team on the large grass playing field. Participants of all ages welcome; children must be accompanied by an adult. Crazy Tic-Tac-Toe begins around 3:00pm each Sunday throughout the summer. Contact the Swim & Fitness Club for details.

### Family Fun Yoga • \$15/person

Carve out time for a healthy activity the whole family can enjoy. Fun for the whole family! Animal poses, nature breathing, and laughter yoga. Build body awareness and cooperation with partner yoga and acro-yoga. Children must be accompanied by an adult. Appropriate for kindergarteners through all the elementary ages.

### Poolside Pilates • \$35/person - *Some Classes for Members & Hotel Guests Only*

Poolside Pilates (Mat) is a series of Pilates exercises performed on a mat without equipment. Each exercise emphasizes breath, core conditioning, flexibility, strength and balance. Instructors will pay special attention to alignment and form.

### POUND® • \$15/person

Using Ripstix®, lightly weighted drumsticks engineered specifically for exercising, POUND® transforms drumming into an incredibly effective way of working out. Instead of listening to music, you become the music in this exhilarating full-body workout that combines cardio, conditioning, and strength training with yoga and pilates-inspired movements. Designed for all fitness levels, POUND® provides the perfect atmosphere for letting loose, getting energized, toning up and rockin' out!

### STRONG by Zumba® • \$15/person - *Some Classes for Members & Hotel Guests Only*

With most workout programs, music is an afterthought. The music in STRONG by Zumba™ was crafted to drive the intensity in a challenging progression that provides a total body workout. The result? A group fitness experience like no other. This class will push you past your plateaus to help you reach your fitness goals faster. Using your own body weight, you will gain muscular endurance, tone, and definition, and you will experience an increased after-burn. This class is for fitness enthusiasts and students looking for a more challenging, high intensity interval training workout.

### Vinyasa • \$15/person

Inspired by wind and wave, you'll build a flow of linked poses focusing on movement with breath. This faster-paced class is designed for an athletic build of strength, balance, and flexibility. Students may take breaks at any time and poses will be offered with modifications.

### Yard Game Olympics • *Complementary*

Challenge family, friends or other community members to a game of corn hole, ring toss, giant block Jenga® and more. The combined score wins! The games begin around 1:00pm each Sunday throughout the summer. Contact the Swim & Fitness Club for details.

### Zumba® • \$15/person - *Some Classes for Members & Hotel Guests Only*

Dance your worries away with Zumba! Zumba is a "FEEL HAPPY" workout that comes from Colombia. This fusion of Latin and International dance music is sure to create a dynamic workout. Zumba targets areas such as the gluteus, legs, arms, abdominals and most importantly - the heart.

#### LOCATED AT:

Swim & Fitness Club

Marina Lawn

Observation Platform

Sunset Beach

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