

# CLASS SCHEDULE

## MONDAY:

- 8:30 - 9:30 AM Vinyasa Vibe, Recovery Room (DL)  
9:00 - 10:00 AM Boxing, Movement Room (JC)  
10:30 - 11:30 AM TRX Strong, Movement Room (PH)  
5:30 - 6:45 PM Yin Yoga, Recovery Room (DL)

## TUESDAY:

- 8:30 - 9:30 AM Vinyasa Vibe, Recovery Room (DL)  
11:30 - 12:30 PM Yoga Basics, Movement Room (CC)  
(Complimentary)  
5:30 - 6:30 PM TRX Flow, Movement Room (PH)

## WEDNESDAY:

- 9:00 - 9:45 AM SPIVI Cycle Experience, Movement Room  
(Complimentary)  
~~9:15 - 10:15 AM Vinyasa Flow, Recovery Room (RS) Canceled~~  
1:00 - 2:00 PM Boga Tone, Zuma Pool (C. Winn)

## THURSDAY:

- 8:30 - 9:30 AM Vinyasa Vibe, Recovery Room (RS)  
9:00 - 10:30 AM Tennis Clinic  
9:00 - 10:30 AM Combo TRX + Flexibility training (\$50)  
TRX Burn, Movement Room (PH)  
Flexibility Training, Movement Room (CC)  
5:30 - 6:45 PM Yin Yoga, Recovery Room (CC)

## FRIDAY:

- 8:00 - 9:00 AM Yoga on The Green (CC)  
9:00 - 10:00 AM Boxing, Movement Room (JC)  
~~9:15 - 10:15 AM Vinyasa Flow, Recovery Room (RS) Canceled~~  
10:30 - 11:30 AM Bogafit Fusion, Zuma Pool (KP)  
(Max: 7 participants)

## SATURDAY:

- 8:00 - 9:00 AM Boxing, Movement Room (JC)  
9:15 - 10:15 AM TRX Bootcamp, Movement Room (PH)  
9:15 - 10:15 AM Vinyasa Flow, Recovery Room (RS)  
10:45 - 11:30 AM SPIVI Cycle, Movement Room (Complimentary)

## SUNDAY

- 9:00 - 10:00 AM Vinyasa Flow, Recovery Room (CC)  
10:30 - 11:30 AM Boga Tone, Zuma Pool (C. Winn)  
(Max: 7 participants)

## INSTRUCTORS

### TJ Middleton

Director of Fitness and Tennis

### Patrick Hoffner (PH)

Head Fitness Pro

TRX, Private Training, Bogafit Instructor

### Courtenay Chapman Middleton

Head Tennis Pro

### John Chapman (JC)

Boxing, Kickboxing, Private Training

### Courtney Connell (CC)

Yoga Classes and Private Instruction

### Aneliya Kovacs (AK)

Bogafit Instructor

### Dannica Lowery (DL)

Yoga Classes and Private Instruction

### Sean Miller (SM)

Private Training, XPT, Kids Fitness Camp

### Kristi Paxton (KP)

Bogafit Master Instructor

### Rebecca Simmons (RS)

Yoga Classes and Private Instruction

### Cindy White (CW)

Yoga Classes and Private Instruction

### Christy Winn (C. Winn)

Bogafit Instructor

**To book classes, call 850.213.5678  
or email [zuma@alysbeach.com](mailto:zuma@alysbeach.com).**

*Should you need to cancel or reschedule, please notify us at least 24 hours in advance. If not done within this period, we reserve the right to charge the full amount of the scheduled appointment.*