CLASS SCHEDULE: Week of Oct 14

MONDAY:

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

TUESDAY:

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

WEDNESDAY:

9:00 - 9:45 AM	SPIVI Cycle Experience, Movement Room *(Complimentary)*
9:15 -10:15 AM	Vinyasa Flow, Recovery Room (RS)
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)
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 - 11:30AM	SPIVI Cycle Expericence, 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)
XPT Training Instructor

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.

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.