

# CLASS SCHEDULE: Week of Jan 13

## MONDAY:

8:30 - 9:30 AM Vinyasa Vibe, Recovery Room (DL)  
5:30 - 6:30 PM TRX Burn, Movement Room (PH)

## TUESDAY:

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

## WEDNESDAY:

9:15 - 10:15 AM Vinyasa Flow, Recovery Room (RS)  
5:30 - 6:30 PM TRX Strong, Movement Room (PH)

## THURSDAY:

8:30 - 9:30 AM Vinyasa Vibe, Recovery Room (DL)  
9:30 - 10:30 AM TRX Basics, Movement 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)

## 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)

## SUNDAY

9:00 - 9:45 AM Mindfulness Meditation, Recovery Room (CC)

## 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

### **Christy Bricken (CB)**

Bogafit Instructor

### **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

**To book classes, please contact our  
Wellness Concierge at 850-213-5596.**

*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.*