

CLASS SCHEDULE: Week of Mar 16

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 (CW)
(Complimentary)

WEDNESDAY:

9:15 - 10:15 AM Vinyasa Flow, Recovery Room (RS)
1:00 - 2:00 PM BOGAFIT, ZUMA Pool (CB)
5:30 - 6:30 PM TRX Strong, Movement Room (PH)

THURSDAY:

8:30 - 9:30 AM Vinyasa Vibe, Recovery Room (DL)
10:00 - 11:00 AM TRX Mprove, Movement Room (PH)

FRIDAY:

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)

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

Aneliya Kovacs (AK)

Bogafit Instructor

Dannica Lowery (DL)

Yoga Classes and Private Instruction

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.