

## WELLNESS ACTIVITIES

# SUNDAY



**ABS &  
STEEL**  
08:00 AM  
GYM



**PILATES**  
09:15 AM  
SPA POOL DECK



**STRETCHING/  
YOGA**  
10:00 AM  
MAIN POOL



**BEACH  
VOLLEYBALL**  
10:00 AM  
ACTIVITY  
CENTER



**TAI CHI**  
11:00 AM  
ACTIVITY  
CENTER



**WATER  
POLO**  
11:00 AM  
MAIN POOL



**SPECIAL  
ACTIVITY**  
11:00 AM



**AQUACISE**  
12:00 PM  
MAIN POOL

### LUNCH • 12:00 PM - 12:45 PM



**TAI CHI**  
02:00 PM  
SPA



**POP  
FITNESS**  
04:00 PM  
MAIN POOL



**YOGA**  
05:00 PM  
ACTIVITY  
CENTER

# WELLNESS ACTIVITIES

## MONDAY



### GYM SUPERVISION

07:00 AM  
GYM



### MORNING JOG

08:00 AM  
MAIN POOL



### YOGALATES

09:00 AM  
SPA



### STRETCHING

10:00 AM  
MAIN POOL



### TAI CHI

11:00 AM  
MAIN POOL



### BEACH VOLLEYBALL

10:00 AM  
ACTIVITY CENTER



### BODY CONDITIONING

10:30 AM  
GYM



### SPECIAL ACTIVITY

11:00 AM



### WATER POLO

11:00 AM  
MAIN POOL

### LUNCH • 12:00 PM - 12:45 PM



### AQUACISE

12:00 PM  
MAIN POOL DECK



### WATER AEROBICS

12:00 PM  
SUNSET COVE



### KID FIT CLASS

02:30 PM  
KIDS POOL



### KICK BOXING

04:00 PM  
GYM



### POP FITNESS

04:00 PM  
MAIN POOL



### YOGA

05:00 PM  
SPA

# WELLNESS ACTIVITIES

## TUESDAY



**MORNING  
POWER  
WALK**  
07:00 AM  
GYM



**WEIGHT  
TRAINING**  
08:00 AM  
GYM



**PILATES**  
09:00 AM  
SPA POOL  
DECK



**SUN  
SALUTATION**  
10:00 AM  
ACTIVITY CENTER



**BEACH  
VOLLEYBALL**  
10:00 AM  
ACTIVITY CENTER



**BEACH  
TAI CHI**  
11:00 AM  
LAS BRISAS



**SPECIAL  
ACTIVITY**  
11:00 AM



**POOL  
VOLLEYBALL**  
11:00 AM  
MAIN POOL

### LUNCH • 12:00 PM - 12:45 PM



**AQUACISE**  
12:00 PM  
MAIN POOL



**BEACH  
AQUACISE**  
12:00 PM  
SUNSET COVE



**YOGA**  
02:00 PM  
SUNSET COVE



**YOGALATES**  
04:00 PM  
MAIN POOL



**JUMPING**  
04:00 PM  
MAIN POOL



**TRX  
TRAINING**  
04:00 PM  
GYM



**PILATES /  
STRETCHING**  
05:00 PM  
SPA POOL DECK

# WELLNESS ACTIVITIES

## WEDNESDAY



### ABS & GLUTS

07:00 AM  
GYM



### MORNING JOG

08:00 AM  
MAIN POOL



### YOGA

09:00 AM  
SPA POOL  
DECK



### SUN SALUTATION

10:00 AM  
MAIN POOL



### BODY CONDITIONING

10:30 AM  
GYM



### TAI CHI

11:00 AM  
ACTIVITY  
CENTER



### WATER POLO

11:00 AM  
MAIN POOL



### SPECIAL ACTIVITY

11:00 AM  
ACTIVITY CENTER



### AQUACISE

12:00 PM  
MAIN POOL



### WATER AEROBICS

12:00 PM  
SUNSET COVE

**LUNCH • 12:00 PM - 12:45 PM**



### BODY TONING

01:00 PM  
GYM



### KID FIT CLASS

02:00 PM  
MAIN POOL



### KICK BOXING

03:00 PM  
GYM



### BEACH SOCCER

03:00 PM  
ACTIVITY CENTER



### POP FITNESS

04:00 PM  
ACTIVITY CENTER



### YOGA

05:00 PM  
SPA

# WELLNESS ACTIVITIES

## THURSDAY



**MORNING  
JOG**  
08:00 AM  
MAIN POOL



**STRETCHING**  
10:00 AM  
MAIN POOL



**BEACH  
VOLLEYBALL**  
10:00 AM  
ACTIVITY CENTER



**ABS &  
GLUTES**  
10:30 AM  
GYM



**SPECIAL  
ACTIVITY**  
11:00 AM  
ACTIVITY CENTER



**POOL  
VOLLEYBALL**  
11:00 AM  
MAIN POOL



**AQUA SPIN  
CLASS**  
12:00 PM  
MAIN POOL



**KICKBOXING  
AQUACISE**  
12:00 PM  
SUNSET COVE

### LUNCH • 12:00 PM - 12:45 PM



**FITTEST MAN & WOMAN  
CHALLENGE**  
01:45 PM  
MAIN POOL



**PILATES**  
02:45 PM  
SPA POOL DECK



**JUMPING**  
04:00 PM  
ACTIVITY CENTER



**TRX  
TRAINING**  
04:00 PM  
GYM



**PILATES**  
05:00 PM  
ACTIVITY CENTER

# WELLNESS ACTIVITIES

## FRIDAY



### MORNING STRETCHING

#### JOG

08:00 AM  
MAIN POOL



10:00 AM  
MAIN POOL



### BEACH VOLLEYBALL

10:00 AM  
ACTIVITY CENTER



### CIRCUIT TRAINING

10:30 AM  
GYM



### TAI CHI

11:00 AM  
MAIN POOL



### SPECIAL ACTIVITY

11:00 AM  
ACTIVITY CENTER



### WATER POLO

11:00 AM  
MAIN POOL



### AQUACISE

12:00 PM  
MAIN POOL



### WATER AEROBICS

12:00 PM  
SUNSET COVE

### LUNCH • 12:00 PM - 12:45 PM



### AQUA YOGA

03:00 PM  
MAIN POOL



### KICK BOXING

04:00 PM  
GYM



### YOGA

05:00 PM  
ACTIVITY CENTER

# WELLNESS ACTIVITIES

## SATURDAY



### MORNING

#### JOG

07:00 AM  
GYM



### CIRCUIT TRAINING

09:00 AM  
GYM



### SUN SALUTATION

10:00 AM  
MAIN POOL



### TAI CHI

11:00 AM  
MAIN POOL



### BEACH VOLLEYBALL

10:00 AM  
ACTIVITY CENTER



### TRX TRAINING

10:30 AM  
GYM



### SPECIAL ACTIVITY

"CRAZY BALL"  
11:00 AM  
ACTIVITY CENTER



### POOL VOLLEYBALL

11:00 AM  
MAIN POOL



### AQUA SPIN CLASS

12:00 AM  
MAIN POOL

### LUNCH • 12:00 PM - 12:45 PM



### RELAXATION

02:45 PM  
SPA



### PILATES

04:00 PM  
SPA



### JUMPING

04:00 PM  
MAIN POOL



### EVENING WALK

05:00 PM  
GYM



### PILATES

05:00 PM  
MAIN POOL