

Palm Island Activity Descriptions

Open Play Pickle Ball: Court #8

A tennis court that also has a Pickle Ball court marked off. The Tennis Pro will not be on premises but feel free to bring your own or rent Pickle Ball equipment from Coconuts and get out there and play!

Beach Yoga: Held at Stump Pass (North end of the Island)

Meet Kris on the beach for Hatha and Vinyasa style Yoga. Kris teaches all different levels and gives many options for most of the poses so if you're a beginner or a yoga enthusiast this is the class for you. Bring your own mat or towel and a sheet or blanket to put it on, otherwise mats are provided on a first come first serve basis. You may even see a dolphin or two! 1 hour

Around the Resort in 80 minutes: Meet at Coconuts- Golf Cart needed

Take a Nature tour of the resort while learning the history of how it all began. You will be shown all the "secret" places where nature likes to hide. You will be exploring the island for gopher tortes, birds nesting, possible dolphins swimming and manatees playing. Learn how our beaches became popular for the sea turtles and how this Island became a perfect barrier Island. Join in for 80 minutes of adventure and fun!!

Water Aerobics: Held at the Palm Pavilion Pool

This class is excellent if you are looking for a great workout that is easy on your joints. Let the buoyance of the water and the fun music move you along to traditional water aerobics allowing your heart rate to elevate without too much stress on your joints. This class also focuses on strengthening and toning of the shoulders, back and abdominals using water bells, kick boards, noodles and more. This class is loads of fun and perfect for all fitness levels. 1 hour

Kids Time: Held at Red Beards Gazebo – Ages 5 and up

Bring the kids to the gazebo for 1 hour of fun! They will be doing a variety of different crafts, exploring of nature, and fun games while learning a few things. Parents are more than welcome to join in the fun. 1 hour (waiver must be signed by parent)