

Fitness Class Descriptions

Aqua Aerobics – Held at the PinPoa Pool (north end)

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. Come and join us for loads of fun while you exercise! Great for all fitness levels.

1-hour

Sculpt -Held under the tent at the clubhouse

If you want to increase your strength and core in a safe and fun atmosphere this class is the one for you. We start with a warm-up followed by fun strength training moves. (Not a lot of Squats or lunges involved!) Sculpt incorporates traditional muscle toning with weights and tubing. Moving from one muscle group to the next quickly keeping the heart rate up. There will also be total body strengthening fusion with Pilates and Yoga poses. Abdominals and back strengthening are always included ending with a relaxing cool down. The instructor will always show different exercises for different fitness levels which makes this a class for the beginners as well as the fitness enthusiasts. **1 hour**

Beach Yoga or Sunset/Full Moon Yoga -Held at Stump Pass (North End)

Come and enjoy Yoga on the beach for a morning of relaxing yoga. It is a Vinyasa style flow of yoga. Vinyasa means “with breath.” This style takes you through all the traditional Yoga poses into the next with each breath, creating a flow of movements. The instructor will always give different options for most of the poses. So, if you are just starting out or an expert, this class will be the one for you. We may even see a dolphin or two! Bring a yoga mat and a sheet to put it on. Mats and sheets will be provided if you don’t have one. Great for all fitness levels. **1 hour**

Yoga on the green- Held under the tent at the clubhouse

Come and enjoy morning Yoga under the clubhouse tent overlooking the estuary. It is a Vinyasa style flow of yoga. Vinyasa means “with breath.” This style takes you through all the traditional Yoga poses into the next with each breath, creating a flow of movements. The instructor will always give different options for most of the poses. So, if you are just starting out or an expert, this class will be the one for you. Bring a yoga mat and a sheet to put it on. Mats and sheets will be provided if you don’t have one. Great for all fitness levels. **1 hour**

Pilates Fusion - Held under the tent at the clubhouse

Improve your morning ritual with traditional Pilates movements integrated with Yoga poses. Pilates is deep muscle floor exercises and stretches. Pilates improves flexibility and stability by strengthening the muscles, especially torso-stabilizing muscles of the abdomen and the lower back. The instructor will give beginner options as well as advanced so whatever fitness level you are, you will feel successful in this class. **1 hour**

Dance – Held under the tent at the clubhouse

Have a blast learning easy to follow line dances to all different genres of music. From “Mony Mony” to “Uptown Funk”

45 minutes