

# RESIDENT CLASS SCHEDULE

## FEBRUARY 12th - 18th, 2018

### MONDAY 2/12

7:00 AM	Body Pump (Limit 15)	MS3	Hilary
	Circuit Training (Limit 10)	Fitness Floor	Meka
7:30 AM	Sunrise Meditation 20 M in	Ocean Studio	Jack
8:00 AM	Cycle (Limit 16)	MS1	Karen
	Hatha Yoga 75 M in	Ocean Studio	Jack
	TRX Cardio (Limit 8)	NT Lawn	Hilary
	Resident Pilates Reformer (Level I-II)	Sunrise Studio	Esther
9:00 AM	Pilates Mat	MS2	Esther
	Tabata	MS3	Sarah
	Tread (Limit 10)	Fitness Floor	Karen
	Ropes & Run (Limit 12)	NT Lawn	Alicia
10:00 AM	Cycle (Limit 16)	MS1	Jack
	Stretch	MS2	Alicia
	Killer Core	MS3	Esther
	Power Yoga	Ocean Studio	Meka
	TRX Strength (Limit 8)	NT Lawn	Sarah
	Resident Kinesis (Sign-up Req)	Fitness Floor	Hilary
11:00 AM	Body Flow	MS2	Sarah
	Stretch	Ocean Studio	Hilary
	Open Rockwall (Limit 6)	Rockwall	Attendant
	H2O Strength	Atlantic Pool	Karen
	Resident Pilates Reformer (Level I)	Sunrise Studio	Esther
	Resident Kinesis (Sign-up Req)	Fitness Floor	Thais
	<b>ACUPUNCTURE FOR WEIGHT LOSS</b>	<b>HEALTH &amp; WELLNESS</b>	<b>AHUYA</b>
12:00 PM	Sprint 30 M in (Limit 16)	MS1	Hilary
	Body Pump (Limit 15)	MS3	Karen
	Zumba (Limit 30)	Ocean Studio	Thais
	H2O Dance	Atlantic Pool	Alicia
	Resident Pilates Chair	Rockwall	Esther
1:00 PM	<b>CHOCOLATE, CHI &amp; CHILL WITH INESSA</b>	<b>HEALTH &amp; WELLNESS</b>	<b>INESSA</b>
2:00 PM	Boxer's Workout (Limit 16)	MS2	Rafael
	Gyrokinesis	Ocean Studio	Leah
	H2O Cardio	Atlantic Pool	Alicia
3:00 PM	Barre	MS2	Karen
	Hatha Yoga	Ocean Studio	Leah
	Tread & Shed (Limit 10)	Fitness Floor	Rafael
4:00 PM	Body Pump (Limit 15)	MS3	Ivana
	Resident Iyengar Yoga (Level I-II)	Ocean Studio	Edwin
	Pilates Reformer (Level I-II)	Sunrise Studio	Alina
	Family Rock (Limit 10)	Rockwall	Attendant
5:00 PM	Cycle (Limit 16)	MS1	Rafael
	Pilates	MS2	Alina
	Tabata	MS3	Alicia
	Family Yoga	Ocean Studio	Ivana
6:00 PM	Sprint 20 M in (Limit 16)	MS1	Alicia
	Power Yoga 75 M in	Ocean Studio	Ivana
	Tread & Shed (Limit 10)	Fitness Floor	Rafael

### TUESDAY 2/13

7:00 AM	Killer Core	MS3	Hilary
7:30 AM	Sunrise Meditation 20 M in	Ocean Studio	Leah
8:00 AM	Cycle (Limit 16)	MS1	Jack
	Body Pump (Limit 15)	MS3	Hilary
	Hatha Yoga 75 M in	Ocean Studio	Leah
	Tread & Shed (Limit 10)	Fitness Floor	Karen
8:30 AM	Gyrokinesis 75 M in	MS2	Paul
9:00 AM	Sprint 30 M in (Limit 16)	MS1	Karen
	Roll & Release	MS3	Jack
	Resident Pilates Reformer (Level I-II)	Sunrise Studio	Mor
	Resident Kinesis (Sign-up Req)	Fitness Floor	Hilary
10:00 AM	Sprint 30 M in (Limit 16)	MS1	Alicia
	Boxing Circuits (Limit 16)	MS2	Rafael
	Power Yoga	MS3	Karen
	Resistance Band Strength	Ocean Studio	Hilary
	Circuit Training (Limit 10)	Fitness Floor	Jack
	Pilates Chair	Rockwall	Mor
	H2O Strength	Atlantic Pool	Karl
11:00 AM	Cycle (Limit 16)	MS1	Hilary
	Stretch	MS2	Jack
	Iyengar Yoga (Level I)	Ocean Studio	Mariso
	Tread (Limit 10)	Fitness Floor	Karl
	Ropes & Run (Limit 12)	NT Lawn	Rafael
	H2O Tabata	Atlantic Pool	Alicia
	Resident Pilates Chair	Rockwall	Mor
12:00 PM	Pilates Mat	MS2	Karen
	Zumba (Limit 30)	Ocean Studio	Paul
	Pilates Reformer Level I-II)	Sunrise Studio	Mor
	Open Rockwall (Limit 6)	Rockwall	Attendant
2:00 PM	Kickboxing	MS2	Hilary
	Pure Strength	MS3	Rafael
	Qi-Gong	Ocean Studio	Karen
3:00 PM	Let's Dance	MS2	Karl
	Body Flow	Ocean Studio	Sarah
	TRX Strength (Limit 8)	NT Lawn	Rafael
4:00 PM	Sprint 30 M in (Limit 16)	MS1	Rafael
	Barre	MS2	Karen
	Tabata	MS3	Alicia
	Resident Kinesis (Sign-up Req)	Fitness Floor	Mor
5:00 PM	Off Broadway Dance	MS2	Alicia
	Body Pump (Limit 15)	MS3	Sarah
	Pilates Reformer (Level I-II)	Sunrise Studio	Mor
6:00 PM	Boxer's Workout (Limit 16)	MS2	Rafael
	Hatha Yoga	Ocean Studio	Sarah
	Tread & Shed (Limit 10)	Fitness Floor	Alicia

# RESIDENT CLASS SCHEDULE

## WEDNESDAY 2/14

7:00 AM	Circuit Training (Limit 10)	Fitness Floor	Hilary
7:30 AM	Sunrise Meditation 20 Min	Ocean Studio	Ivana
8:00 AM	Cycle (Limit 16)	MS1	Hilary
	Hatha Yoga 75 Min	Ocean Studio	Ivana
	Pilates Reformer (Level 1-II)	Sunrise Studio	Esther
9:00 AM	Gyrokinesis	MS2	Paul
	Tabata	MS3	Adam
	Resident Kinesis (Sign-up Req)	Fitness Floor	Sarah
	Ropes & Run (Limit 12)	NT Lawn	Thais
	Resident Pilates Chair	Rockwall	Esther
10:00 AM	Barre	MS2	Paul
	Killer Core	MS3	Hilary
	Power Yoga	Ocean Studio	Sarah
	TRX Strength (Limit 8)	NT Lawn	Thais
	Resident Pilates Reformer (Level I)	Sunrise Studio	Esther
	Resident Kinesis (Sign-up Req)	Fitness Floor	Adam
11:00 AM	BodyFlow	MS2	Sarah
	Warrior Meditation	MS3	Adam
	Iyengar Yoga (Level I-II)	Ocean Studio	Edwin
	Open Rockwall (Limit 6)	Rockwall	Attendant
	H2O Cardio	Atlantic Pool	Thais
	Tread & Shed (Limit 10)	Fitness Floor	Hilary
	Resident Pilates Reformer (Level I-II)	Sunrise Studio	Esther
12:00 PM	Cycle (Limit 16)	MS1	Hilary
	Body Pump (Limit 15)	MS3	Sarah
	Zumba (Limit 30)	Ocean Studio	Thais
	Pilates Chair	Rockwall	Esther
	H2O Stretch	Atlantic Pool	Karl
1:00 PM	BASIC SUPPLEMENTS WE SHOULD TAKE	HEALTH & WELLNESS	DR. ADONIS
2:00 PM	Circuit Training (Limit 10)	Fitness Floor	Adam
	H2O Strength	Atlantic Pool	Karl
3:00 PM	Ballet	MS2	Paul
	Tread (Limit 10)	Fitness Floor	Karl
4:00 PM	Body Pump (Limit 15)	MS3	Ivana
5:00 PM	Meditation	MS3	Kim
	Hatha Yoga 75 Min	Ocean Studio	Ivana
	Tread & Shed (Limit 10)	Fitness Floor	Karl
6:00 PM	Let's Dance	MS2	Karl

## THURSDAY 2/15

7:00 AM	Sprint 30 Min (Limit 16)	MS1	Hilary
	Resident Pilates Reformer (Level I-II)	Sunrise Studio	Leah
7:30 AM	Sunrise Meditation 20 Min	Ocean Studio	Sarah
8:00 AM	Cycle (Limit 16)	MS1	Rafael
	Body Pump (Limit 15)	MS3	Hilary
	Hatha Yoga 75 Min	Ocean Studio	Sarah
	Tread & Shed (Limit 10)	Fitness Floor	Thais
	Resident Pilates Chair	Rockwall	Leah
8:30 AM	Gyrokinesis 75 Min	MS2	Paul
9:00 AM	Pure Strength	MS3	Rafael
	Resident Pilates Reformer (Level I)	Sunrise Studio	Esther
10:00 AM	Sprint 30 Min (Limit 16)	MS1	Rafael
	Boxer's Workout (Limit 16)	MS2	Adam
	Belly Dance	MS3	Thais
	Power Yoga	Ocean Studio	Meka
	Open Rockwall (Limit 6)	Rockwall	Attendant
	Resident Kinesis (Sign-up Req)	Fitness Floor	Hilary
11:00 AM	Cycle (Limit 16)	MS1	Hilary
	Pilates Mat	MS2	Esther
	Stretch	Ocean Studio	Paul
	Ropes & Run (Limit 12)	NT Lawn	Adam
	H2O Strength	Atlantic Pool	Thais
	NEEDLELESS ACUPUNCTURE	HEALTH & WELLNESS	AHUYA
12:00 PM	Kickboxing (Limit 16)	MS2	Thais
	Zumba (Limit 30)	Ocean Studio	Paul
	Pilates Reformer (Level I)	Sunrise Studio	Esther
	H2O Cardio	Atlantic Pool	Sarah
2:00 PM	Stretch	MS2	Adam
	Pure Strength	MS3	Karl
3:00 PM	Boxing Circuits (Limit 16)	MS2	Adam
	Let's Dance (Limit 30)	MS3	Karl
	Resident Kinesis (Sign-up Req)	Fitness Floor	Rafael
4:00 PM	Buff Ballet Booty	MS2	Paul
	Tabata	MS3	Karl
	Circuit Training (Limit 10)	Fitness Floor	Rafael
5:00 PM	Mindfulness Basics 20 Min	Ocean Studio	Kim
	Tread (Limit 10)	Fitness Floor	Rafael
	Family Rock (Sign-up Req)	Rockwall	Attendant
5:30 PM	Restorative Yoga 75 Min	Ocean Studio	Kim
6:00 PM	Roll & Release	MS2	Rafael

# RESIDENT CLASS SCHEDULE

## FRIDAY 2/16

7:00 AM	Circuit Training (Limit 10) Beach Bootcamp	Fitness Floor Meet at Beach Access Gate	Meka Alicia
7:30 AM	Sunrise Meditation 20 Min	Ocean Studio	Ivana
8:00 AM	Cycle (Limit 16) Power Yoga 75 Min Resident Pilates Reformer (Level I-II)	MS1 Ocean Studio Sunrise Studio	Karen Ivana Mor
9:00 AM	Gyrokinesis Tabata Pilates Chair Resident Kinesis (Sign-up Req)	MS2 MS3 Rockwall Fitness Floor	Paul Karl Mor Karen
	TEA WITH ENERGY HEALER	HEALTH & WELLNESS	RICARDO
10:00 AM	Cycle (Limit 16) Barre Killer Core Stretch TRX Cardio (Limit 8) Resident Kinesis (Sign-up Req)	MS1 MS2 MS3 Ocean Studio NT Lawn Fitness Floor	Karen Paul Karl Alicia Adam Ivana
11:00 AM	BodyFlow Iyengar Yoga (Level I-II) Pilates Reformer (Level I-II) H2O Strength Open Rockwall (Limit 6)	MS2 Ocean Studio Sunrise Studio Atlantic Pool Rockwall	Ivana Edwin Mor Karen Attendant
12:00 PM	Boxer's Workout (Limit 16) Body Pump (Limit 15) Zumba (Limit 30) Resident Pilates Reformer (Level I-II) Resident Pilates Chair	MS2 MS3 Ocean Studio Sunrise Studio Rockwall	Adam Alicia Karen Leah Mor
1:00 PM	MOVE YOUR STUFF, CHANGE YOUR LIFE WITH FENG SHUI	HEALTH & WELLNESS	INESSA
2:00 PM	Circuit Training (Limit 10) H2O Cardio Resident Pilates Reformer (Level I)	Fitness Floor Atlantic Pool Sunrise Studio	Adam Karl Leah
3:00 PM	Ballet Singing Bowl 30 Min Tread & Shed (Limit 10) Family Rock (Sign-up Req)	MS2 MS3 Fitness Floor Rockwall	Paul Leah Adam Attendant
4:00 PM	Body Pump (Limit 15) Tabata Resident Kinesis (Sign-up Req)	MS3 MS2 Fitness Floor	Rafael Alicia Jack
5:00 PM	Sprint 30 Min (Limit 16)	MS1	Rafael
6:00 PM	Salsa 101 Mindfulness Basics 20 Min	MS2 Ocean Studio	Alicia & Rafael Francisco
6:30 PM	Candlelight Yoga	Ocean Studio	Francisco

## SATURDAY 2/17

8:00 AM	BodyFlow Body Pump (Limit 15) Rhythmic Stretch	MS2 MS3 Ocean Studio	Sarah Alicia Paul
9:00 AM	Sprint 30 Min (Limit 16) Gyrokinesis Power Yoga 75 Min Tread & Shed (Limit 10) TRX Strength (Limit 8)	MS1 MS2 Ocean Studio Fitness Floor NT Lawn	Rafael Paul Sarah Alicia Meka
10:00 AM	Sprint 30 Min (Limit 16) Buff Ballet Booty Body Pump (Limit 15) Ropes & Run (Limit 12) Rockwall Bootcamp (Limit 6) Resident Kinesis (Sign-up Req)	MS1 MS2 MS3 NT Lawn Rockwall Fitness Floor	Alicia Paul Rafael Thais Adam Ivana
11:00 AM	Tabata Belly Dance Stretch H2O Cardio Family Rock (Sign-up Req) Resident Pilates Reformer (Level I-II)	MS2 MS3 Ocean Studio Atlantic Pool Rockwall Sunrise Studio	Ivana Thais Adam Alicia Attendant Leah
12:00 PM	Cycle (Limit 16) Pure Strength Zumba (Limit 30) Family Dance Pilates Chair	MS1 MS2 Ocean Studio Sunrise Studio Rockwall	Rafael Adam Paul Thais Leah
2:00 PM	Ballet Pilates Mat H2O Strength Family Rock (Limit 10)	MS2 Ocean Studio Atlantic Pool Rockwall	Paul Leah Karl Attendant
3:00 PM	Body Pump (Limit 15) Roll & Release Pilates Reformer (Level I-II)	MS3 Ocean Studio Sunrise Studio	Karen Adam Leah
4:00 PM	Barre Qi-Gong Tread & Shed (Limit 10)	MS2 MS3 Fitness Floor	Karl Karen Adam
5:00 PM	Boxer's Workout (Limit 16) Killer Core Mindfulness Basics (20 Min)	MS2 MS3 Ocean Studio	Adam Karl Karen
5:30 PM	Hatha Yoga	Ocean Studio	Karen

# RESIDENT CLASS SCHEDULE

## SUNDAY 2/18

8:00 AM	Beach Bootcamp	Meet at Beach Access Gate	Alicia
	Sunrise Meditation 20 Min	Ocean Studio	Jack
8:30 AM	Hatha Yoga 75 Min	Ocean Studio	Jack
9:00 AM	Roll & Release	MS2	Alicia
	Pilates Reformer (Level I-II)	Sunrise Studio	M or
	Tread & Shed (Limit 10)	Fitness Floor	Karen
	TRX Cardio (Limit 8)	NT Lawn	Rafael
10:00 AM	Cycle (Limit 16)	MS1	Rafael
	Zumba! (Limit 30)	MS2	Alicia
	Family Yoga	Ocean Studio	Sarah
	Rockwall Bootcamp (Limit 6)	Rockwall	Adam
	Resident Pilates Reformer (Level I-II)	Sunrise Studio	M or
11:00 AM	Barre	MS2	Karen
	H2O Cardio	Atlantic Pool	Sarah
	Resistance Band Strength	Ocean Studio	Jack
	Family Rock (Limit 10)	Rockwall	Attendant
	Resident Pilates Reformer (Level I)	Sunrise Studio	M or
	Resident Kinesis (Sign-up Req)	Fitness Floor	Rafael
12:00 PM	Cycle (Limit 16)	MS1	Jack
	Body Pump (Limit 15)	MS3	Rafael
	Body Flow	Ocean Studio	Karen
	Pilates Chair	Rockwall	M or
	Resident Kinesis (Sign-up Req)	Fitness Floor	Adam
2:00 PM	Stretch	MS2	Hilary
	H2O Stretch	Atlantic Pool	Rafael
3:00 PM	Tabata	MS2	Hilary
	Tread & Shed (Limit 10)	Fitness Floor	Adam
4:00 PM	Sprint 30 Min (Limit 16)	MS1	Hilary
	Boxer's Workout (Limit 16)	MS2	Adam
	Family Rock (Sign-up Req)	Rockwall	Attendant
5:00 PM	Pure Strength	MS2	Adam