



THE GASPARILLA INN
& CLUB

*Fitness Studio Schedule
February 2012*

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
	National Healthy Heart Month	Studio Sampler Week * New Class	9:00 am Beach Yoga * 10:00 am Pilates Mat * 11:00 am Fit Ball Fusion * 12 Noon Aqua Waves ++	8:00 am Gasparilla Island Walk Fit Plus * ~ 9:30 am Aqua Flex + 10:30 am 10-20-20 Core Circuit *	8:30 am Golf & Tennis Dynamic Warm Up ~ 9:00 am Beach Body Blast +++ 12 Noon Aqua Waves ++ 1:00 pm TRX Demo ++ 4:00 pm Restorative Yoga*	8:30 am Rise & Shine Yoga* 9:30 am 10-20-20 Core Circuit * 10:30 am Zumba + 11:30 am Fit Ball Fusion * 2:00 pm Golf Performance Workshop
5	6	7	8	9	10	11
	9:30 am Weight Room Orientation Refresher ~ 12 Noon Aqua Waves ++	9:30 am Aqua Flex + 10:30 am Core Circuit *	9:00 am Beach Yoga * 11:00 am Fit Ball Fusion * 12 Noon Aqua Waves ++	8:00 am Gasparilla Island Walk Fit Plus * ~ 9:30 am Aqua Flex + 10:30 am 10-20-20 Core Circuit	8:30 am Golf & Tennis Dynamic Warm Up ~ 9:00 am Beach Body Blast +++ 12 Noon Aqua Waves ++	8:30 am Rise & Shine Yoga* 9:30 am 10-20-20 Core Circuit 10:30 am Zumba + 11:30 am Fit Ball Fusion *
12	13	14	15	16	17	18
	9:30 am Weight Room Circuit I * 12 Noon Aqua Waves ++	Happy Valentines Day! 9:30 am Aqua Flex + 10:30 am Healthy Heart Cardio Rhythms Conditioning ~	9:00 am Beach Yoga * 11:00 am Fit Ball Fusion * 12 Noon Aqua Waves ++	8:00 am Gasparilla Island Walk Fit Plus * ~ 9:30 am Aqua Flex + 10:30 am 10-20-20 Core Circuit *	8:30 am Golf & Tennis Dynamic Warm Up ~ 9:00 am Beach Body Blast+++ 11:00 am Flag Football Pre Game Warm Up ~ 12 Noon Aqua Waves ++ 4:00 pm Restorative Yoga *	8:30 am Rise & Shine Yoga* 9:30 am Adventure Island H.I.I.T+++ 10:30 am Zumba + 11:30 am Fit Ball Fusion *
19	20	21	22	23	24	25
	9:30 am Weight Room Circuit II * 12 Noon Aqua Waves ++	9:30 am Aqua Flex + 10:30 am 10-20-20 Core Circuit *	9:00 am Beach Yoga * 11:00 am Fit Ball Fusion * 12 Noon Aqua Waves ++	8:00 am Gasparilla Island Walk Fit Plus * ~ 9:30 am Aqua Flex + 10:30 am 10-20-20 Core Circuit *	8:30 am Golf & Tennis Dynamic Warm Up ~ 9:00 am Beach Body Blast+++ 12 Noon Aqua Waves ++ 4:00 pm Restorative Yoga *	8:30 am Rise & Shine Yoga* 9:30 am 10-20-20 Core Circuit 10:30 am Zumba + 11:30 am Fit Ball Fusion *
26	27	28		Workshops TBA	By Appointment	Class Level Key
	9:30 am Weight Room Circuit III * 12 Noon Aqua Waves ++	9:30 am Aqua Flex + 10:30 am 10-20-20 Core Circuit *		Acupuncture & Digestive Health Diet's That Do... Diet's That Don't...	TRX Training Yoga Varieties Pilates Personal Training Spa Coach Combo's	+ Low/Moderate ++ Moderate/High +++ High Intensity * All Levels ~ Complimentary No Fee

Advance reservations recommended, though not required. Classes subject to change.
For more information or to schedule private, semi-private or group sessions, please call ext. 4555.
Resort Guest \$12 Beach Club Member \$10. Studio Sampler Class Passes Available Upon Request.