



## Events and Activities

- CGAC Members Mixer @ Cibo Wine Bar  
THURSDAY APRIL 3 – 7PM to 11PM
  - CGAC bodyART w/ Ewa @ Athleta Store  
Village of Merrick Park  
SATURDAY APRIL 12- 9AM to 10AM
  - CGAC Members Complimentary Clinic  
SUNDAY APRIL 13 - 10AM to 12PM
  - CGAC at Mercedes Benz Corporate 5K Event  
THURSDAY APRIL 24 - 6:45PM
  - CGAC bodyART w/ Ewa @ Athleta Store  
Village of Merrick Park  
SATURDAY APRIL 26 - 9AM to 10AM
  - CGAC Adults Mixer Doubles Tournament\*  
SUNDAY APRIL 27 - 10AM to 12:30PM
  - CGAC Kids Swimming Program\*  
MONDAYS - THURSDAYS  
First Session - 4PM to 4:45PM  
Second Session - 4:45PM to 5:30PM
  - CGAC Run Club w/ Freddy Figueras  
EVERY SATURDAY - 9:30AM
- \*Additional Fees apply

## Pool Closures

Thursday, April 3rd 2014 Pool closes at 5:30PM

Wednesday, April 9th, 2014 Pool closed all day

Saturday, April 19th, 2014 Pool closes at 4:15PM

Sunday April 27th, 2014 Pool closes at 3:30PM

## Coral Gables Athletic Club Aerobic Classes - April 2014

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	7am Peak Performance w/ Matt	8am Yoga w/ Jeanette	7am Peak Performance w/ Matt	8am Yoga w/ Jeanette		8am Bootcamp w/ Freddy
	9am Pilates w/ Erin	9am High Intensity Interval Training w/ Freddy	9am Pilates w/ Erin	9am High Intensity Interval Training w/ Freddy	9am Pilates w/ Erin	9am Yoga w/ Jeanette
						9:30am CGAC Run Club w/ Freddy
10am (April 13) Tennis Clinic		10am Spinning* w/ Guido		10am Spinning* w/ Guido		10am Spinning* w/ Guido
	6pm bodyART Atrium w/ Ewa	6pm Kickboxing w/ Guido	6:30pm Swim Pro w/ Jim	6pm bodyART w/Ewa		
	6:30pm Cross Training w/ Ben	6:30pm Bootcamp w/ Freddy	6:30pm Cross Training w/ Ben	6:30pm Bootcamp w/ Freddy		
	7pm Spinning* w/ Desiree	7pm Spinning* w/ Guido	7pm Spinning* w/ Desiree	7pm Spinning* w/ Guido		
	7:30pm Kickboxing w/ Guido	7:30pm High Intensity Interval Training w/ Freddy	7:30pm Kickboxing w/ Guido	7:30pm High Intensity Interval Training w/ Freddy		

\* Additional fees apply. Contact the CGAC for details.



## ATHLETIC CLUB HOURS OPEN 7 DAYS A WEEK

### TENNIS COURTS

MONDAY-FRIDAY: 8:00 AM - 12:00 PM & 1:00 PM - 6:00 PM

SATURDAY-SUNDAY: 8:00 AM - 12:00 NOON & 1:00 PM - 3:00 PM

RESERVATIONS REQUIRED 24 HOURS IN ADVANCE

305-448-9004 · NLTENNIS@YAHOO.COM

WWW.NLTENNIS.COM

ALL MEMBERS ARE ASKED TO CHECK THE WEBSITE OR ATHLETIC CLUB CALENDAR FOR REVISED TIMES. THE GYM FACILITY, POOL, OR TENNIS COURTS, AT THE DISCRETION OF MANAGEMENT, MAY CLOSE EARLY FOR MAINTENANCE OR FOR EVENTS.

### CLASS DESCRIPTIONS

**AQUA POWER:** Increase coordination, agility and your overall fitness level in this Aqua Power class. You will keep working, moving and training hard by combining challenging cardio training and strength training. Experience power and maximum muscular endurance in this intense aquatic conditioning.

**AQUA TONE:** Aquatone uses both the deep and shallow areas of the pool to give you a great low-impact workout. Instructors will use a variety of class formats and equipment to help increase cardiovascular endurance, muscle strength, tone and flexibility.

**BODYART:** BodyART® perfectly combines functional training and classical breathing techniques to create synergy of physical training with mental relaxation. The ultimate aim of bodyART® training is to ensure the correct functioning of the entire body through strengthening and stabilizing all aspects of human movement. A beautiful and challenging workout that regards the human being as a bonding of three factors: body, mind and soul. It is designed to push your physical and mental limits.

**BODYART ATRIUM:** BodyART® This exclusive bodyART class is hosted at the beautiful Atrium room, located in front of the CGAC pool. The Atrium room decor, peaceful surroundings and pool views, set the tone for total focus and relaxation.

**BODY TONE:** The Body Tone workout concentrates on all major muscle groups using calisthenics, steps, body bars, exerubes, and light dumbbells to provide varying resistance.

**BOOT CAMP** – An outdoor group exercise class that mixes traditional callisthenic and body weight exercises with interval training and strength training. This class is designed to make you sweat and pushes you similar to a military style boot camp. It incorporates pushups, plyometrics, interval training, squats, lunges, squat thrusts or burpees, speed training with sprints while promoting core strength.

**HIGH INTENSITY INTERVAL TRAINING:** is a type of cardio training in which you alternate short, very high intensity intervals with longer, slower intervals to recover. This type of training has been used by athletes to improve performance, but it's also been shown to benefit the average exerciser. HIIT training not only helps performance, it also improves the ability of the muscles to burn fat.

**CGAC RUNNING CLUB:** The running club will meet at the Coral Gables Athletic Club parking lot where stretching and warm ups will be conducted before our run around the beautiful Granada Golf course.

**CROSS TRAINING:** A combination of cardiovascular and strength movements that build strength and conditioning through extremely varied and challenging workouts. Each class will test different parts of your functional strength and conditioning, not specializing in one particular thing, but rather with the goal of building and working the entire body.

**KICKBOXING:** The workout incorporates functional movement focused on training your core, basic punches, correct footwork, & basic patterns of movement. It is a fun aerobic experience that helps promote weight loss, increase endurance, improve coordination, and is motivating.

**PILATES:** A body conditioning routine that helps build flexibility and long, lean muscles, strength and endurance in the legs, abdominals, arms, hips, and back. It puts emphasis on spinal and pelvic alignment, breathing to relieve stress and allow adequate oxygen flow to muscles, developing a strong core or center (tones abdominals while strengthening the back), and improving coordination and balance.

**PEAK PERFORMANCE:** To look like an athlete you have to Train like an athlete. Come train like a pro as we utilize different training techniques and specialized equipment that professionals use to perform better in their respective sports. This class will promote weight loss, while improving your strength, endurance and agility.

**SPINNING\*:** This class combines high intensity, non-impact training and will work your legs, glutes, heart, lungs and sweat glands like they've never been worked before! Our classes are set to heart-pumping music, intense lighting effects and feature changes in speed and intensity. Over 600 calories can be burned during one session on our top of the line StarTrac Spinner Blades!

**SWIM-PRO:** This performance based swimming class is designed to make you a faster, more efficient swimmer. Interval training, kicking, and swimming drills are incorporated to improve your speed and endurance. Land based stretching and core work is also included. This class will improve your aerobic fitness, flexibility, and overall state of health and well-being. This class is for members 13 and up. Participants must be able to swim a minimum of 100 yards.

**YOGA (LEVEL 1: BEGINERS):** A variation of Hatha and Restorative Yoga. Simple and basic postures for all levels. Being able to sit on the floor is a must. This type of yoga fortifies and helps to stretch all muscles and at the same time relax the whole body. Less effort is done with the help of props such as bolsters, straps and blocks and with the help of gravity helps to release tension and relax the body and mind.

**YOGA (LEVEL 2: INTERMEDIATE):** This class encompasses Hatha Yoga and Vinyasa Yoga. This class fortifies, stretches and balances the body using postures and techniques such as breathing exercises, meditation and concentration. This helps sync the body, mind and spirit. Develops Stamina and endorphins. Good for all type of athletes.

\* Additional fees apply. Contact the CGAC for details.