



EVENTS & ACTIVITIES

- CG Coutry Club Easter Brunch
SUNDAY APRIL 1ST
11AM & 1:30PM SEATINGS
- CGAC Monthly Tennis Clinic
SUNDAY APRIL 15TH - 8AM to 9AM

Extended Pool Hours(7PM)

- Friday April 6th
- Sunday April 8th
- Friday April 13th
- Saturday April 14th
- Sunday April 15th
- Friday April 20th
- Saturday April 21st
- Sunday April 22nd
- Friday April 27th
- Saturday April 28th

FITNESS CLASSES - APRIL 2018

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--------|----------------------------------|------------------------------------|----------------------------------|------------------------------------|---------------------------|---------------------------------|
| | 7am Cross-Training w/ Andy | 6:30am Spinning w/ Stephania | 7am Cross-Training w/ Andy | 6:30am Spinning w/ Stephania | | |
| | | 8am Yoga w/ Jeanette | | 8am Yoga w/ Jeanette | | 8:30am Yoga w/ Jeanette |
| | 9am Pilates w/ Erin | 9am BodyTone w/ Danny | 9am Core Blast w/ Erin | 9am BodyTone w/ Danny | 9am Pilates w/ Erin | 9:30am Bootcamp w/ Danny |
| | | 10am Pilates w/ Erin | 9:30am Stretching w/ Erin | 10am Pilates w/ Erin | | 10am Spinning w/Alexandra |
| | | 10:30am Aqua-Fit w/ Alexis | | 10:30am Aqua-Fit w/ Alexis | | |
| | 6pm Yoga w/Jeanette | | 6pm Yoga w/Jeanette | | | |
| | 6:30pm Swim-Pro w/Alexis | 6:30pm Bootcamp w/ Danny | 6:30pm Swim-Pro w/Alexis | 6:30pm Bootcamp w/ Danny | | |
| | 7pm Spinning w/ Raymond | 7pm Spinning w/ Stephania | 7pm Spinning w/ Raymond | 7pm Spinning w/ Stephania | | |
| | 7:30pm Kickboxing w/ Zeus | 7:30pm BodyTone w/ Danny | 7:30pm Kickboxing w/ Zeus | 7:30pm BodyTone w/ Danny | | |



TENNIS COURTS
 PARKING LOT
 POOL DECK
 AEROBICS ROOM
 SPINNING ROOM



ATHLETIC CLUB HOURS OPEN 7 DAYS A WEEK

TENNIS COURTS

MONDAY-FRIDAY: 8:00 AM - 12:00 PM & 2:30 PM - 6:30 PM

SATURDAY-SUNDAY: 8:00 AM - 12:00 NOON & 1:00 PM - 4:00 PM

RESERVATIONS REQUIRED 24 HOURS IN ADVANCE.

TENNIS CENTER PH: 786.483.7626

GYM

WEEKDAYS: 5:30 AM - 10:00 PM* WEEKENDS: 8:00 AM - 8:00 PM*

*GYM WILL CLOSE HALF HOUR PRIOR IF NO MEMBERS ARE PRESENT.

POOL

MONDAY: 12 - 8PM | TUESDAY - THURSDAY: 5:30AM - 8PM
FRIDAY: 5:30AM - 5:30PM | SATURDAY - SUNDAY: 8AM - 5:30PM

*MAY CLOSE EARLIER FOR EVENTS

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 FIT: AquaFit 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.

STRETCHING: A 30 minute full body stretch using movements that flow smoothly to increase flexibility, decrease muscle tension, develop core strength, and improve muscular balance.

CORE BLAST: This 30 minute workout focuses on toning and defining the abdominal muscles and strengthening the back to improve posture and core strength.

BODY TONE: The Body tone workout concentrates on all major muscle groups using calisthenics, exercubes, medicine balls, 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.

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. Will resume October 2015

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: BEGINNERS): 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.