



## EVENTS & ACTIVITIES

- CGAC 4th of July Pool Side Barbecue  
JULY 3RD & 4TH FROM 11AM to 3PM
- International Gelato Day @ Liberty Caffe  
COMPLIMENTARY GELATO  
SUNDAY JULY 16TH - 1PM TO 4PM
- CGAC Weekends Pool Side Barbecue  
WEEKENDS - 11AM to 3PM

### Extended Pool Hours (7PM)

- Saturday July 1st
- Sunday July 2nd
- Friday July 7th
- Saturday July 8th
- Sunday July 9th
- Friday July 14th
- Saturday July 15th
- Sunday July 16th
- Friday July 21st
- Sunday July 23rd
- Friday July 28th
- Saturday July 29th
- Sunday July 30th

### Early Pool Closures

Saturday July 22nd – 4:30PM

### Holiday Hours

Tuesday July 4th – 8AM to 6PM

## FITNESS CLASSES - JULY 2017

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	6:30am Cross-Training w/ Joseph	6:30am Spinning w/ Sara	6:30am Cross-Training w/ Joseph	6:30am Spinning w/ Sara		
		8am Yoga w/ Jeanette		8am Yoga w/ Jeanette		8:30am Yoga w/ Jeanette
	9am Pilates w/ Erin	9am BodyTone w/ Danny	9am Pilates w/ Erin	9am BodyTone w/ Danny	9am Pilates w/ Erin	9:30am Bootcamp w/ Danny
		10am Aqua-Fit w/ Jessica			10am Aqua-Fit w/ Jessica	10am Spinning w/Stephania
	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/ Brandy	7:30pm Kickboxing w/ Zeus	7:30pm BodyTone w/ Brandy		



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

786.483.7626 · C.LOVERIDGE@CLIFFDRYSDALE.COM

CLIFFDRYSDALE.COM/LOCATIONS/CORAL-GABLES-ATHLETIC-CLUB

### 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.

**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. Will resume 2016

**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.