

## Fitness Center Aerobics Classes

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
<b>Zumba</b> 8-8:45 a.m. Aerobics Studio w/ Shantel (Max # Part. - 40)  <b>Water Aerobics</b> 8-8:45 a.m. Outdoor Pool w/ Cindy (Max # Part. -25)  <b>Water Aerobics</b> 9-9:45 a.m. Outdoor Pool w/ Cindy (Max # Part. -25)	<b>Cycle 45</b> 7-7:45 a.m. Outdoor Pool Deck w/ Marianna (Max # Part. -20) <i>Last Class- 8/17</i>  <b>Aqua Zumba</b> 8-8:45 a.m. Outdoor Pool w/ Shantel (Max # Part. -25)  <b>Gentle Yoga Flow</b> 8:15-9 a.m. Aerobics Studio w/ Heather (Max # Part. - 30)  <b>Aqua Zumba</b> 9-9:45 a.m. Outdoor Pool w/ Shantel (Max # Part. -25)  <b>Barre Toning</b> 9:15-10 a.m. Aerobics Studio w/ Donna (Max # Part. - 20)	<b>Zumba</b> 8-8:45 a.m. Aerobics Studio Shantel (Max # Part. - 40)  <b>Water Aerobics</b> 8-8:45 a.m. Outdoor Pool w/ Cindy (Max # Part. - 25)  <b>Water Aerobics</b> 9-9:45 a.m. Outdoor Pool w/ Cindy (Max # Part. - 25)	<b>Aqua Zumba</b> 8-8:45 a.m. Outdoor Pool w/ Shantel (Max # Part. -25)  <b>Gentle Yoga Flow</b> 8:15-9 a.m. Aerobics Studio w/ Heather (Max # Part. - 30)  <b>Aqua Zumba</b> 9-9:45 a.m. Outdoor Pool w/ Shantel (Max # Part. -25)  <b>Barre Toning</b> 9:15-10 a.m. Aerobics Studio w/ Donna (Max # Part. - 20)	<b>Cycle 45</b> 7-7:45 a.m. Outdoor Pool Deck w/ Marianna (Max # Part. -20) <i>Last Class- 8/13</i>  <b>Zumba</b> 8-8:45 a.m. Aerobics Studio w/ Shantel (Max # Part. - 40)  <b>Water Aerobics</b> 8-8:45 a.m. Outdoor Pool w/ Cindy (Max # Part. - 25)  <b>Water Aerobics</b> 9-9:45 a.m. Outdoor Pool w/ Cindy (Max # Part. - 25)	<b>Total Body Workout</b> 9-10 a.m. Aerobics Studio w/ Donna (Max # Part. 25)

**Monday, June 21 through Monday, September 6, 2021**

## East Side Aerobics Classes

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
<b>Beach Yoga</b> 8-8:45 a.m. Edgewater Beach w/ Jackie (Max # Part. - 25) BYO towel/blanket/yoga mat		<b>Beach Yoga</b> 8-8:45 a.m. Edgewater Beach w/ Jackie (Max # Part. - 25) BYO towel/blanket/yoga mat		<b>Beach Yoga</b> 8-8:45 a.m. Edgewater Beach w/ Jackie (Max # Part. - 25) BYO towel/blanket/yoga mat
<b>Water Aerobics</b> 9-9:45 a.m. Ocean Pool 5 w/ Jackie (Max # Part. -25)		<b>Water Aerobics</b> 9-9:45 a.m. Ocean Pool 5 w/ Jackie (Max # Part. - 25)		<b>Water Aerobics</b> 9-9:45 a.m. Ocean Pool 5 w/ Jackie (Max # Part. - 25)

**June 14 through September 3, 2021 – Available to Sea Colony Owners, Renters, and Guests**