

PGA National Members Club

October 2024 Aerobics Class Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:15am Mat Pilates Jennifer (B)	8:15am Vinyasa Yoga Lori (A)	8:15am Pilates Fusion Brenda (A)	8:15am Mat Pilates Jennifer (A)	8:15am Yoga Flow Dan (A)	8:15am Pilates Fusion Brenda (B)	9:30am Cycle Maureen
8:30am TBD ----- (A)	8:30am Water Aerobics Maureen	8:30am TBD ----- (B)	8:30am TBD ----- (B)	8:30am Water Aerobics Janell	8:15am Body Flex Leah (A)	10:45am Yoga for Health Ed
8:30am Water Zumba Lizeth	8:30am Ballet Sculpt Donna (B)	8:30am Water Aerobics TBD	8:30am Water Pilates Lori	8:30am FIIT Lizeth(B)	8:30am Water Aerobics Maureen	
9:15am Cardio Boxing Jamal (iFit)	9:45am Tap Donna (B)	9:15am Cardio Boxing Jamal (iFit)	9:45am Yin Yoga Debbie (B)	9:30am Chair Fit Stacey (A)	9:30am Cardio Fit Stacey (B)	
9:30am Chair Fit Stacey (A)	10:00am Keep Movin' It Becky (A)	9:30am Cardio Intervals Stacey (B)	10:00am Keep Movin' It Becky (A)	9:30am Cycle Pauline	10:00am Cardio Dance TBD (A)	
9:45am Body Sculpt Donna (B)	10:00am TRX HIIT Lori (iFit)	9:45am Body Sculpt Donna (A)	10:00am TRX HIIT Lori (iFit)	10:00am Tai Chi Danny (B)	11:00am Yoga Flow Dan (B)	
10:00am Spin Debbie	11:00am Yoga Stretch Jim (B)	10:00am Spin Lori	11:30am Sports Stretch Linda (B)	11:30am Body Flex Lori (A)		
11:00am Tai-Chi Stephen (B)	5:30pm Cardio Boxing Jomal (iFit)	11:30am Body Flex Lori (A)	5:30pm Cardio Boxing Jomal (iFit)			
11:30am Body Flex Lori (A)		5:00pm Latin Beats Elsie (A)				
5:30pm Yoga Flow Dan (B)		5:30pm Cycle Maureen				
		6:00pm Yoga Flow Dan (B)				

PGA
NATIONAL RESORT
PALM BEACH GARDENS



Please arrive no more than 5 minutes prior to class - Reservations not required

Please Note: We have introduced classes with durations that deviate from the standard 60 minutes.

October 2024 Class Descriptions

BALLET SCULPT - Exercise the same fluid movement as a ballet dancer to create long lean muscles.

BODY FLEX - No high impact aerobics, just pure muscle sculpting intervals. A complete head to toe workout.

BODY SCULPT - Full body conditioning utilizing half hour standing and half hour on the mat.

CARDIO BOXING - Exercises using the techniques of what professional boxers/kickboxers perform.

CARDIO FIT - This 50/50 high energy full body workout combines high/low impact aerobics with strength sequences using a weighted bar and resistance exercises.

CARDIO INTERVALS - The interval based class combines cardio segments with full body strength intervals. This fast paced workout is designed to tone your body and improve your cardiovascular endurance.

CHAIR FIT - Move to the music through exercises that increase cardio vascular health, muscle strength and range of motion. Hand held weights, resistance bands and balls are offered for resistance. A chair is available for seated or standing support.

CYCLE - Stationary bike riding using different levels of intensity to increase cardio capacity.

KEEP MOVIN' IT - A chair workout that incorporates a wide range of equipment. Increase strength and stamina while getting a full body workout. All fitness levels welcome.

LATIN BEATS - Great for anyone looking for a modified dance class at a lower intensity, that introduces easy to follow choreography with a focus on balance, range of motion and coordination.

MAT PILATES - Learn to balance and maintain proper alignment, increase flexibility and blood flow.

PGA FIIT - FUNCTIONAL - INTERMEDIATE - INTERVAL - TRAINING
A low-impact, high-intensity exercise class designed to combine short term intensity with longer periods strengthening activities as active rest.

PILATES FUSION - A core based program with the added benefit of function and strength.

SPORTS STRETCH - Learn proper stretch mechanics to focus on areas that are over used to prevent injury.

TAI CHI - Melds mind and body as no other discipline does. Improves balance and energy to expand life span.

TAP - Bring your tap shoes and join as we develop rhythmic skills, precision and musicality.

TRX HIIT - Suspension training using bodyweight to challenge all areas of body.

VINYASA YOGA - A practice of conscious breath with fluid movement. The poses are linked together creating a flow of mind and body.

WATER AEROBICS - Movement a flexibility in pool using noodles and water bells. Great for those with balance issues

WATER PILATES - A water class that focuses on core strength, balance and flexibility.

WATER ZUMBA - A true Zumba class taught in the water. Cardio endurance, strength, fast paced music and a whole lot of fun.

YIN YOGA - A combination of passive yoga stretching poses designed to increase mobility and flexibility.

YOGA FLOW - a variety of yoga poses bringing the mind, body and spirit together as one.

YOGA FOR HEALTH - Combines relaxation, flexibility and balance to stretch and tone your body while relaxing your mind.

YOGA STRETCH - A combination of Yoga and stretch, using blocks and straps to help increase strength, balance and flexibility

HOURS OF OPERATION

MONDAY - FRIDAY: 5:30 AM - 8:00 PM | SATURDAY & SUNDAY: 5:30 AM - 5:00 PM

For Personal Training and Private Pilates Instruction, please contact the Sports and Racquet Club: (561) 273-2909