

# July 2025

Mon	Tue	Wed	Thu	Fri	Sat
	<b>1</b> 8:15a-9a Butts & Guts 9a-9:30a Cardio Step 9:35a-10:30a Gentle Yoga 12p-12:45p AquaFit	<b>2</b> 9a-9:45a Yoga Sculpt	<b>3</b> 9a-9:45a Forever Fit 10a-10:45a Full Body Blast 11a-11:50a Gentle Yoga	<b>4</b>  <b>NO CLASSES</b>	<b>5</b> 11:15a-12p Cardio Strength Intervals 12:15p-1:15p Gentle Yoga
<b>7</b> 9a-9:50a Zumba 10a-10:50a Core, Strength, Balance 11a-11:30a Chair Yoga 2:30p-3p Men's Stretch Class	<b>8</b> 8:15a-9a Butts & Guts 9a-9:30a Cardio Step 9:35a-10:30a Gentle Yoga 12p-12:45p AquaFit	<b>9</b> 9a-9:45a Yoga Sculpt	<b>10</b> 9a-9:45a Forever Fit 10a-10:45a Full Body Blast 11a-11:50a Gentle Yoga	<b>11</b> 10a-10:30a Cardio Intervals 10:30a-11:20a Bands & Bars	<b>12</b> 11:15a-12p Cardio Strength Intervals 12:15p-1:15p Gentle Yoga
<b>14</b> 9a-9:50a Zumba 10a-10:50a Core, Strength, Balance 11a-11:30a Chair Yoga 2:30p-3p Men's Stretch Class	<b>15</b> 8:15a-9a Butts & Guts 9a-9:30a Cardio Step 9:35a-10:30a Gentle Yoga 12p-12:45p AquaFit Zumba w/Susan 10:30a-11:20a	<b>16</b> 9a-9:45a Yoga Sculpt	<b>17</b> 9a-9:45a Forever Fit 10a-10:45a Full Body Blast 11a-11:50a Gentle Yoga	<b>18</b> 10a-10:30a Cardio Intervals 10:30a-11:20a Bands & Bars	<b>19</b> 11:15a-12p Cardio Strength Intervals 12:15p-1:15p Gentle Yoga Beach Yoga 8:30am
<b>21</b> 10a-10:50a Core, Strength, Balance 11a-11:30a Chair Yoga 2:30p-3p Men's Stretch Class	<b>22</b> 8:15a-9a Butts & Guts 9a-9:30a Cardio Step 9:35a-10:30a Gentle Yoga 12p-12:45p AquaFit	<b>23</b> 9a-9:45a Yoga Sculpt	<b>24</b> 9a-9:45a Forever Fit 10a-10:45a Full Body Blast 11a-11:50a Gentle Yoga	<b>25</b> 10a-10:30a Cardio Intervals 10:30a-11:20a Bands & Bars	<b>26</b> 11:15a-12p Cardio Strength Intervals 12:15p-1:15p Gentle Yoga
<b>28</b> 9a-9:50a Zumba	<b>29</b> 8:15a-9a Butts & Guts 9a-9:30a Cardio Intervals 9:35a-10:30a Gentle Yoga 12p-12:45p AquaFit	<b>30</b> <b>NO CLASSES</b>	<b>31</b> 9a-9:45a Forever Fit 10a-10:45a Full Body Blast 11a-11:50a Gentle Yoga		

**Fitness Center: 239-992-7005**

**Wellness Director: Casey Kelley at [ckelley@spanishwellsountryclub.com](mailto:ckelley@spanishwellsountryclub.com)**

## **Fitness Class Descriptions**

**Aquafit:** This low-impact class is performed in water and is designed to improve joint stability, coordination, heart health, and strength. The class will incorporate cardio and strength, using water dumbbells and flotation noodles.

**Bands & Bars:** A new strength training class designed to build healthy muscle. We will use a combination of body bars and

**Butts & Guts:** A strength and conditioning class that focuses on glutes and core. This will help you build a strong foundation for the rest of your body. It will begin and end with gentle stretching.

**Cardio Step:** 30 minutes of high intensity cardio step movements with fun music -- no dancing required.

**Cardio Intervals:** Simple cardio movements done in intervals of 30 seconds of high intensity followed by 15 seconds of low intensity. Set to an upbeat playlist, the moves are simple, but the workout will get your heart rate kicking.

**Cardio Strength Intervals:** A class that combines strength and cardio exercises in an interval format. Tone your muscles and increase endurance as you alternate between 20 second breaks and 30 second exercises for 45 minutes.

**Chair Yoga:** 30 minutes of seated stretching. Chair yoga provides the same flexibility and balance training as traditional yoga, without having to get up and down off the floor. A class for all levels.

**Core, Strength & Balance:** This class is truly suitable for every level of fitness. We'll use weights and resistance bands to practice stability and improve strength. Every exercise can be modified to work around physical limitations or scaled up to challenge the most fit individual in the class.

**Forever Fit:** A class designed for all fitness levels. Each exercise can be done standing or in a chair. We will focus on strengthening and toning our muscles, with just a bit of low impact cardio and a good stretch at the end. Nothing on the floor!

**Full Body Blast:** This is a full body workout that involves cardio to increase the heart rate, and resistance and weight training to sculpt the arms, legs, butt, and core.

**Gentle Yoga:** A slow flowing class with focus on poses that relax and lengthen, as well as strengthen the muscles. We will start off very gentle, move into more balance-challenging poses, and then slow back down toward the end. We'll breathe slowly and move mindfully before drifting off into a soothing savasana.

**Men's Stretch, Strength & Balance:** Exclusively for men, this class will focus on basic stretching for flexibility, light strength training, proper mobility of the body, and balance.

**Yoga Sculpt:** Enhance your strength, balance, and flexibility, a dynamic fusion of traditional yoga, strength-building movements, and intentional breathwork. This class combines flowing yoga sequences with bodyweight exercises, resistance training, and core work to build endurance, stability, and resilience.

**Zumba:** A dance-fitness class that uses upbeat music to maximize fun and improve cardio. These classes incorporate interval work, which alternate between fast and slow rhythms. A class for all levels.