

MARCH 2026 FITNESS CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
2 9a Zumba 10a Core, Strength & Balance 11a Chair Yoga 2:30p Men's Class 3:30p MELT	3 8a Butts & Guts 9a Cardio Step 9:35a Gentle Yoga 11a AquaFit 12p Forever Fit 4p Restore	4 8a Mat Pilates 9a Core, Strength, & Balance 10a Body Sculpt 11a MELT	5 9a Zumba 10a Full Body Blast 11a Gentle Yoga 12p Balance Barre	6 9a Chair Sculpt 10a Cardio Intervals 10:30a Bands & Bars 11:30a Stretch & Release	7 9a Mat Pilates 10a Yoga
9 9a Zumba 10a Core, Strength & Balance 11a Chair Yoga 11:40a Core, Strength, & Balance 2:30p Men's Class 3:30p MELT	10 8a Butts & Guts 9a Cardio Step 9:35a Gentle Yoga 11a AquaFit 12p Forever Fit 4p Restore	11 8a Mat Pilates 9a Core, Strength, & Balance 10a Body Sculpt 11a MELT	12 9a Zumba 10a Full Body Blast 11a Gentle Yoga 11a AquaFit 12p Balance Barre	13 9a Chair Sculpt 10a Cardio Intervals 10:30a Bands & Bars 11:30a Stretch & Release	14 9a Mat Pilates 10a Yoga
16 9a Zumba 10a Core, Strength & Balance 11a Chair Yoga 11:40a Core, Strength, & Balance 2:30p Men's Class 3:30p MELT	17 8a Butts & Guts 9a Cardio Step 9:35a Gentle Yoga 11a AquaFit 12p Forever Fit 4p Restore	18 8a Mat Pilates 9a Core, Strength, & Balance 10a Body Sculpt 11a MELT	19 9a Zumba 10a Full Body Blast 11a Gentle Yoga 11a AquaFit 12p Balance Barre	20 9a Chair Sculpt 10a Cardio Intervals 10:30a Bands & Bars 11:30a Stretch & Release	21 9a Mat Pilates 10a Yoga
23 10a Core, Strength & Balance 11a Chair Yoga 11:40a Core, Strength, & Balance 2:30p Men's Class 3:30p MELT	24 8a Butts & Guts 9a Cardio Step 9:35a Gentle Yoga 11a AquaFit 12p Forever Fit 4p Restore	25 8a Mat Pilates 9a Core, Strength, & Balance 10a Body Sculpt 11a MELT	26 9a Zumba 10a Full Body Blast 11a Gentle Yoga 11a AquaFit 12p Balance Barre	27 9a Chair Sculpt 10a Cardio Intervals 10:30a Bands & Bars 11:30a Stretch & Release	28 9a Mat Pilates 10a Yoga
30 9a Zumba 10a Core, Strength & Balance 11a Chair Yoga 11:40a Core, Strength, & Balance 2:30p Men's Class 3:30p MELT	31 8a Butts & Guts 9a Cardio Step 9:35a Gentle Yoga 11a AquaFit 12p Forever Fit 4p Restore		 <p>Spanish Wells GOLF AND COUNTRY CLUB</p> <p>Fitness Center: 239-992-7005 Wellness Director: Casey Kelley at ckelley@spanishwellsclub.com</p>		

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.

Balance Barre: Boost your stability, coordination, and core strength in this low-impact class focused on improving balance and body control. Perfect for all fitness levels, this session combines functional movement, core exercises, and balance drills to help you move with more confidence and ease.

Bands & Bars: A new strength training class designed to build healthy muscle. We will use a combination of body bars and resistance bands for a full-body workout. Perfect for someone who is looking to gain strength, tone, and sweat!

Body Sculpt: A full body, low impact, strength training class. We will use a variety of equipment and body weight exercises to tone, improve core strength and build a strong foundation.

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.

Chair Sculpt: This energetic, full-body workout will begin with stretching and light weights followed by body-weight exercises with the use of a chair. This 30-minute class will improve balance, build strength, and flexibility.

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 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.

Mat Pilates: a bodyweight-focused exercise method performed on a mat, emphasizing core strength, flexibility, and posture through controlled, precise movements guided by principles like breath, concentration, and flow.

MELT: The MELT Method is a science-backed recovery technique that is designed to remove pain from the body and keep you active. In this class, we will use specially designed equipment to restore connective tissue and bring the body back into stability and balance. Perfect for those who frequently experience pain.

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

Restore: a slow-moving and deeply relaxing yoga class focused on gentle, supported poses, calming breathwork, and stress reduction. Designed to soothe the nervous system, release tension, and promote deep rest. Done entirely on the floor. Please bring a small blanket or towel.

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.