

**Personal  
Training**

Hour - \$80

Half hour - \$45

**Semi  
Private**

Hour - \$50/PP

Half hour - \$25/PP

**Small  
Group**

4 Sessions - \$90/PP

8 Sessions - \$180/PP

**Massage**

Book Directly At:  
[www.themassagerevolution.com](http://www.themassagerevolution.com)

# GET FIT

## GROUP FITNESS SCHEDULE | 2021



**FITNESS CENTER  
HOURS**

**Monday-Friday**  
6:00am – 8:00pm

**Saturday-Sunday**  
8:00am – 5:00pm

**KIDS PLACE  
HOURS**

**Monday - Friday**  
8:30am - 2:30pm

**RESERVE YOUR  
SPOT ON:**

**THE FORE TEES APP.**  
YOUR CLUB.  
YOUR APP.



## GROUP FITNESS SCHEDULE | 2021

MON TUE WED THU FRI SAT SUN

	MON	TUE	WED	THU	FRI	SAT	SUN
6:30AM	THE RP RIDE SOFIA		THE RP RIDE SOFIA				
8:30AM	CARDIO KICKBOXING JACKIE	THE RP RIDE ERIN	BALANCE STRENGTH CORE JACKIE  WATER AEROBICS ERIKA	THE RP RIDE SOFIA	BOOTCAMP ERIN	THE RP RIDE SOFIA  WATER AEROBICS ERIKA	
9:30AM		BOOTCAMP SOFIA		MOBILITY & MEDITATION FOR GOLF & TENNIS ANGELINA	PILATES MAT FOR GOLF & TENNIS MELODY	YOGA JESSICA	
12 PM	VINYASA FLOW JESSICA				PEDAL & PUMP ERIN		
4 PM							YOGA MARTHA
6:00PM	FITNESS ORIENTATION JACK		MOBILITY & MEDITATION FOR GOLF & TENNIS MARTHA	HEAVY LIFTING JACK			

**Balance, Strength and Core-** This class covers a variety of exercises designed to improve muscular strength and balance, build endurance as well as gain core stability to increase range of motion and overall daily functions for life. Great for all fitness levels.

**Bootcamp-** will focus on strengthening exercises for the entire body- upper body, lower body and core. You work at your own pace and your appropriate weight.

**Cardio Kickboxing-** a gripping hour that burns a ton of calories and builds total body strength. Tap into the hottest mixed martial arts movements done at a rapid-fire pace to smash your cardio fitness! From the boxing ring to the fighting cage, cardio kickboxing combines cutting-edge moves with thrilling music. This electric experience is addictive! This class is for anyone wanting a challenging, athletic, and motivating workout in a realistic time frame.

**Cycling-** follow the tempo, as we will pedal to the beat of the music to help set rhythm and gear. From here, riders can do power intervals, strength work, or endurance stretches. Will use wattage, heart rate and /or perceived exertion to help you train your cardio-respiratory system to help reach your best fitness level.

**Fitness Orientation-** New to the Fitness Center? During the fitness orientation, staff will introduce you to each piece of equipment and how to properly use it for a safe and effective workout.

**Mobility & Meditation For Golf/Tennis-** flows through a series of gentle movements connecting your breath to your body, improving relaxation, flexibility and recovery. To finish, class winds down with a guided meditation and extended savasana.

**Pilates Mat For Golf/Tennis-** each class will work to balance all muscle groups' strength and flexibility, with an emphasis on challenging the core muscles with each movement. Classes will blend the Classical Pilates Method with exercise variations and by using props and light weights. Modifications will be suggested for beginners or for those with physical limitations. Pilates mat is a challenging yet safe method to sculpt your body and to feel increased agility in your everyday movements for golf, tennis and life.

**Water Aerobics-** The water's resistance will increase your strength, the buoyancy will decrease impact on your joints, and the energy used will burn the calories! Stretching, strengthening and aerobic phases are included. Everyone enjoys this workout as they work at their own pace.

**Yoga-** an energizing and strengthening dynamic flow of yoga postures that link breathe to movement; set to upbeat music. This empowering class has several benefits such as building internal heat and increasing strength, stamina, focus and flexibility, as well as cultivating meditative breathing and reducing stress.

**Heavy Lifting -** This course is designed to give members the opportunity to learn weight training concepts and techniques used for obtaining optimal physical fitness. You will learn the basic fundamentals of weight training, strength training, aerobic training, and overall fitness training and conditioning.

**Pedal & Pump -** This interval training class combines rhythm riding with core-strengthening athletic movements and light weights for the ultimate experience. It's both fun and challenging!

**Vinyasa Flow -** Is a flowing, dynamic form of yoga, where postures are linked together using the breath. This movement to breath flow helps to bring balance to the mind and body. It offers modifications so that you can customize your practice to fit your specific needs. In addition, this class offers endurance, strength training, flexibility, balance, concentration, breath work, and some form of meditation, which makes it a great class for all levels.

**How to CANCEL a ForeTees Group Fitness Reservation:**

**Go Back into your reservation > Click YOUR RESERVATION > Click CONTINUE  
Click RED minus sign > Scroll Up to Click CANCEL RESERVATION**