

SEPTEMBER 2023 Fitness

SUN	MON	TUE	WED	THU	FRI	SAT
					1 8am Morning Yoga 9am Fitness Circuit	2 9 am Morning Stretch
3	4 8am Aqua Aerobics 8am Morning Yoga 9am Pilates & Mat Mobility	5 8am Aqua Aerobics 8:30am Morning Yoga	6 8 am Sunrise Spin 8 am Morning Yoga	7 8am Aqua Aerobics 8:30am Fusion	8 8am Morning Yoga 9am Fitness Circuit	9 9 am Morning Stretch
10	11 8am Aqua Aerobics 8am Morning Yoga 9am Pilates & Mat Mobility	12 8am Aqua Aerobics 8:30am Morning Yoga	13 8 am Sunrise Spin 8 am Morning Yoga	14 8am Aqua Aerobics 8:30am Fusion	15 8am Morning Yoga 9am Fitness Circuit	16 9 am Morning Stretch
17	18 8am Aqua Aerobics 8am Morning Yoga 9am Pilates & Mat Mobility	19 8am Aqua Aerobics 8:30am Morning Yoga	20 8 am Sunrise Spin 8 am Morning Yoga	21 8:30am Fusion	22 8am Morning Yoga 9am Fitness Circuit	23
24	25 8am Aqua Aerobics 8am Morning Yoga 9am Pilates & Mat Mobility	26 8am Aqua Aerobics	27 8 am Sunrise Spin 8 am Morning Yoga	28 8am Aqua Aerobics	29 8am Morning Yoga 9am Fitness Circuit	30



Class Descriptions

Please reserve classes at least 24 hours in advance at 850.424.4421.

For more information on any of these fitness offerings, please email recreation@hendersonbeachresort.com or 850.424.4421

Private Group Fitness Classes
Private Personal Training & more

Fitness Center is currently Open 24/7.

Activities Desk is staffed daily from 8am - 5pm.

Fitness Classes

Sunrise Spin – Complimentary

This class is a great cardio-vascular workout. Pedal through hill climbs, sprints, and many other challenging drills and exercises. All levels are welcome. This class is 50 minutes. 6 guest maximum.

Morning Yoga – Complimentary

Come and enjoy the morning Gulf breeze where this class should leave you with lengthened, loosened and released muscles. A combination of floor and standing postures will be practiced. Breath will aid body in holding poses for longer periods. This class is 50 minutes.

Aqua Aerobics - Complimentary

Challenging water workout, fit for every level. Especially gentle for those with joint issues. This 50 minute cardio and resistance training class will have you splashing your way to improved strength and overall refreshment.

Fitness Circuit - Complimentary

A combination of rotating through various exercises targeting different muscle groups in a short amount of time. This exercise is sure to get your heart rate up! 6 guest maximum.

Pilates Mat & Mobility - Complimentary

Enjoy a contemporary mat class featuring additional mobility moves to help your body find alignment. This class will work on balance strength with flexibility to help your body find alignment. This class is 50 minutes.

Fusion (Yoga&Pilates) - Complimentary

This class is a blend of Mat Pilates and Yoga. Focus will be on strengthening entire body using Pilates exercises for core and Yoga for lower body and upper body. All levels welcome! This class is 50 minutes

Fitness Center

Open 24 hours per day, 7 days per week.
Activities Desk is located on level P2 and staffed from 8am - 5pm daily.

Bike Rentals

Rent from Activities desk from 8am – 5pm. All Bike rentals are to be returned by 6pm.

Children 15 years of age or younger must be accompanied by an adult for all activity rentals

All water sports are rented out at the Beach Hut and must be returned to the Beach Attendant by 5pm

