

# September Fitness Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 8 am Morning Yoga 9 am Meditation	2 8am Aqua Aerobics 8:30am Morning Stretch 7:30pm Full Moon Yoga	3 8 am Morning Yoga 9 am Meditation	4 8:30 am Morning Yoga 9 am Meditation	5 8 am Meditation 9 am Morning Yoga
6 9 am Morning Stretch	7 8 am Aqua Aerobics 9 am Morning Yoga	8 8 am Morning Yoga 9 am Meditation	9 8 am Aqua Aerobics 8:30 am Morning Stretch	10 8 am Morning Yoga 9 am Meditation	11 8:30 am Morning Yoga 9 am Meditation	12 8 am Meditation 9 am Morning Yoga
13 9 am Morning Stretch	14 8 am Aqua Aerobics 9 am Morning Yoga	15 8 am Morning Yoga 9 am Meditation	16 8 am Aqua Aerobics 8:30 am Morning Stretch	17 8 am Morning Yoga 9 am Meditation	18 8:30 am Morning Yoga 9 am Meditation	19 9 am Morning Yoga
20 9 am Morning Stretch	21 8 am Aqua Aerobics 9 am Morning Yoga	22 8 am Morning Yoga 9 am Meditation	23 8 am Aqua Aerobics 8:30 am Morning Stretch	24 8 am Morning Yoga 9 am Meditation	25 8:30 am Morning Yoga 9 am Meditation	26 8 am Meditation 9 am Morning Yoga
27 9 am Morning Stretch	28 8 am Aqua Aerobics 9 am Morning Yoga	29 8 am Morning Yoga 9 am Meditation	30 8 am Aqua Aerobics 8:30 am Morning Stretch			



## 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](mailto:recreation@hendersonbeachresort.com) or 850.424.4421

Private Group Fitness Classes  
Private Personal Training & more

Fitness Center is currently per reservation only.

Activities Desk is staffed daily from 8am – 5pm

## Fitness Classes

### **Meditation – Complimentary**

Calm your mind, settle your body and find a softer focus to your day. This class is 30 minutes.

### **Morning Stretch – Complimentary**

Start your day with Morning Stretch with ELDOA style, one of the safest and most effective ways to create space and balance in the body, improve posture and tone muscles. You'll see immediate results from this fun, challenging class. This class is 50 minutes.

### **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** - 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.

## SPECIALTY CLASSES

### **Paddle Fit – Complimentary**

Paddle Fit consists of a brief safety lesson followed by isometric and core strengthening exercises on the board. Standing on a paddleboard instantly activates your abdominal muscles to keep you balanced and your core is engaged the entire time. This class ends with you feeling very fit and accomplished. This class is 50 minutes.

### **Cycle – 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.

### **Surfset – Complimentary**

Surfset is a full body approach inspired by one of the world's most athletic sports, and the benefits are not limited to one field of fitness. We draw from the real movements of surfing to create workouts that build balance, core strength, stability, agility, aerobic conditioning, power, lean muscle & coordination. SURFSET® classes are structured for optimal fat burn, muscle build & improved balance. This class is 45 minutes.

