

November 2018 FITNESS CLASS SCHEDULE



FITNESS CENTER



SUNDAY

MONDAY

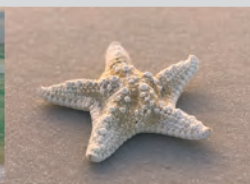
TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



4
9am Beachside Yoga

5
8am Beachside Yoga
8am Paddle Fit
9:30am Surfset

6
9am Beachside Yoga

7
8am Beachside Yoga
9:30am Rooftop Cycle

1
9am Beachside Yoga

2
8am Beachside Yoga
8am Surfset
9am Rooftop Cycle

3
7:30am Beachside Meditation
8:30am Beachside Yoga

11
9am Beachside Yoga

12
8am Beachside Yoga
8am Paddle Fit
9:30am Surfset

13
9am Beachside Yoga

14
8am Beachside Yoga
9:30am Rooftop Cycle

15
9am Beachside Yoga

16
8am Beachside Yoga
8am Surfset
9am Rooftop Cycle

17
7:30am Beachside Meditation
8:30am Beachside Yoga

18
9am Beachside Yoga

19
8am Beachside Yoga
8am Paddle Fit
9:30am Surfset

20
9am Beachside Yoga

21
8am Beachside Yoga
9:30am Rooftop Cycle

22
9am Beachside Yoga

23
8am Beachside Yoga
8am Surfset
9am Rooftop Cycle
6pm Full Moon Yoga

24
7:30am Beachside Meditation
8:30am Beachside Yoga

25
9am Beachside Yoga

26
8am Beachside Yoga
8am Paddle Fit
9:30am Surfset

27
9am Beachside Yoga

28
8am Beachside Yoga
9:30am Rooftop Cycle

29
8am Beachside Yoga

30
8am Beachside Yoga
8am Surfset
9am Rooftop Cycle



For questions or to make a reservation, please call 850.424.4421



FITNESS CENTER

Fitness Classes · Rentals · Kids Activities



Classes

Please check in at the fitness desk before each class.

Beach Boot Camp - \$15

Join us at the beach for high intensity, results-oriented, workout designed to burn calories and tone the entire body.

Beachside Meditation - Complimentary

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

Beachside 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.

Full Moon Yoga - Complimentary
In celebration of the full moon, yoga enthusiasts of all levels are invited to practice yoga under the warm summer night sky while the bright full moon shines above. This class is 50 minutes.

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

Paddle Fit - \$25

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.

Paddle Yoga - \$25

Come enjoy the practice of Yoga combined with Stand Up Paddle Boarding! This class takes your favorite yoga routines and put them on the water at our Adult Pool! This class is 50 minutes.

Rooftop Cycle - \$15

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.

Sunset Yoga - Complimentary
Feel the warmth from rays of the afternoon sun as your body begins to unwind. * This class will tone and stretch the muscles through a fusion of vinyasa movements and static asanas. Aim is to practice at your own pace and level with a steady breath and a calm mind. This class is for all levels and should leave you feeling refreshed with a sense of well being. 50 minutes.

Surfset - \$25

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.

Rentals

RESORT FEE INCLUSIONS

Each registered guest at The Henderson can enjoy the following activities for up to 2 hours.

Kayaks, Paddleboards, Boogie Boards and Bike Cruisers

BEACH SET RENTALS

One Beach Set includes: two wooden chairs with foot rests, one umbrella and towels.

Half Day (1pm-Sunset) \$20 per set
Full Day (9am-Sunset) \$30 per set
Extra Equipment (1 umbrella or 1 chair) \$10



Kids Activities

POPPY'S CLUB

Saturday & Sunday
9am-1pm or 12pm-4pm | \$65 per child
9am-4pm | \$110 per child
Lunch, craft and themed activities included. Children between ages 4-11, must be fully potty trained.

KIDS NIGHT OUT

Friday & Saturday | 5pm-8pm | \$55 per child
Dinner, craft and themed activities included.
Ages 4-11. Reservations required, please call the Fitness Desk at **850.424.4421**. 24-Hour Advanced Registration Recommended.



PADDLEBOARD RENTALS



KAYAK RENTALS



BOOGIE BOARD RENTALS

Children ages 15 and under must be accompanied by an adult at all times. Must be 10 years of age and one life jacket per person must be present at all times.

All rentals are to be returned to the Beach Attendant by 5pm

All outside classes are weather dependent.