

July Fitness Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 8 am Beach Body 9 am Morning Yoga	2 8 am Morning Yoga 9 am Meditation	3 8am Morning Yoga
4 8 am Aqua Aerobics 9 am Morning Yoga	5 8:30 am Morning Yoga	6 8 am Beach Body 9 am Morning Yoga	7 8 am Aqua Aerobics 9 am Morning Yoga 6:45 pm Sunset Yoga	8 8 am Beach Body 9 am Morning Yoga	9 8 am Morning Yoga 9 am Meditation	10 8am Morning Yoga
11 8 am Aqua Aerobics 9 am Morning Yoga	12 8:30 am Morning Yoga	13 8 am Beach Body 9 am Morning Yoga	14 8 am Aqua Aerobics 9 am Morning Yoga 6:45 pm Sunset Yoga	15 8 am Beach Body 9 am Morning Yoga	16 8 am Morning Yoga 9 am Meditation	17 9am Morning Yoga 10am Meditation
19 8 am Aqua Aerobics 9 am Morning Yoga	19 8:30 am Morning Yoga	20 8 am Beach Body 9 am Morning Yoga	21 8 am Aqua Aerobics 9 am Morning Yoga 6:45 pm Sunset Yoga	22 8 am Beach Body 9 am Morning Yoga	23 8 am Morning Yoga 9 am Meditation	24 8am Morning Yoga
25 8 am Aqua Aerobics 9 am Morning Yoga	26 8:30 am Morning Yoga	27 8 am Beach Body 9 am Morning Yoga	28 8 am Aqua Aerobics 9 am Morning Yoga 6:45 pm Sunset Yoga	29	30 8 am Morning Yoga 9 am Meditation	31 9am Morning Yoga 10am Meditation



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

Meditation – Complimentary

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

Beach Body – Complimentary

Join us at the beach for whole body, results oriented, workout designed to burn calories and tone. 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 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.

Paddleboard Rentals

Must be 10 years of age and one life jacket per person must be present at all times.

Kayak Rentals

Must be 10 years of age and one life jacket per person must be present at all times.

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

