

# September Fitness Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 8 am Aqua Aerobics	2 8:30 am Morning Yoga	3 9 am Meditation	4 9 am Morning Yoga
5 8 am Aqua Aerobics	6 8:30 am Morning Yoga	7 8:30 am Beach Body	8 8 am Aqua Aerobics	9 8:30 am Morning Yoga	10 9 am Meditation	11 9 am Morning Yoga
12 8 am Aqua Aerobics 9 am Morning Yoga	13 8:30 am Morning Yoga	14 8:30 am Beach Body	15 8 am Aqua Aerobics	16 8:30 am Morning Yoga	17 9 am Meditation	18 9 am Morning Yoga
19 8 am Aqua Aerobics 9 am Morning Yoga	20 8:30 am Morning Yoga	21 8:30 am Beach Body	22 8 am Aqua Aerobics	23 8:30 am Morning Yoga	24 9 am Meditation	25 9 am Morning Yoga
26 8 am Aqua Aerobics	27 8:30 am Morning Yoga	28 8:30 am Beach Body	29 8 am Aqua Aerobics	30 8:30 am Morning Yoga	31	



## 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 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\*

