

2023 | FITNESS

March

Pelican Sound
Golf & River Club
March Unlimited
Class Package \$90!

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
26	27	28	7:30 Total Tone 8:30 Yoga PP 10:00 Circuit Class 11:00 Aqua Class 12:30 Abs n Glutes	8:30 Men's Yoga PP 10:00 Water Yoga 10:00 Golf Fusion for Power 11:30 Forever Fit 2:30pm Yoga	7:30 Total Tone 8:00 Fit Camp PP 9:00 Yoga PP 9:00 Healthy Back 11:00 Aerobofit 11:00 Aqua Class	9:30 Chair Yoga 10:30 Simply Stretch
5	7:30 Total Tone 8:30 Golf Fusion 11:00 Aqua Class 11:00 Aerobofit 12:30 Chair Yoga 2pm Yoga w/ Sandy	8:30 Men's Yoga PP 8:30 Healthy Back 10:00 Water Yoga 11:30 Forever Fit	7:30 Total Tone 8:30 Yoga PP 10:00 Circuit Class 11:00 Aqua Class 12:30 Abs n Glutes	8:30 Men's Yoga PP 10:00 Water Yoga 10:00 Golf Fusion for Power 11:30 Forever Fit 2:30pm Yoga	7:30 Total Tone 8:00 Fit Camp PP 9:00 Yoga PP 9:00 Healthy Back 11:00 Aerobofit 11:00 Aqua Class	9:30 Chair Yoga 10:30 Simply Stretch
12	7:30 Total Tone 8:30 Golf Fusion 11:00 Aqua Class 11:00 Aerobofit 12:30 Chair Yoga 2pm Yoga w/ Sandy	8:30 Men's Yoga PP 8:30 Healthy Back 10:00 Water Yoga 11:30 Forever Fit	7:30 Total Tone 8:30 Yoga PP 10:00 Circuit Class 11:00 Aqua Class 12:30 Abs n Glutes	8:30 Men's Yoga PP 10:00 Water Yoga 10:00 Golf Fusion for Power 11:30 Forever Fit 2:30pm Yoga	7:30 Total Tone 8:00 Fit Camp PP 9:00 Yoga PP 9:00 Healthy Back 11:00 Aerobofit 11:00 Aqua Class	9:30 Chair Yoga 10:30 Simply Stretch
19	7:30 Total Tone 8:30 Golf Fusion 11:00 Aqua Class 11:00 Aerobofit 12:30 Chair Yoga 2pm Yoga w/ Sandy	8:30 Men's Yoga PP 8:30 Healthy Back 10:00 Water Yoga 11:30 Forever Fit	7:30 Total Tone 8:30 Yoga PP 10:00 Circuit Class 11:00 Aqua Class 12:30 Abs n' Glutes	8:30 Men's Yoga PP 9:00 Zumba Dance 10:00 Water Yoga 10:00 Golf Fusion for Power 11:30 Forever Fit 2:30pm Yoga	7:30 Total Tone 8:00 Fit Camp PP 9:00 Healthy Back 9:00 Yoga PP 11:00 Aerobofit 11:00 Aqua Class	9:30 Chair Yoga 10:30 Simply Stretch
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Class Location: All Classes @ Fitness Center unless PP @ Pelican Park: All Water Classes @ River Club pool: **Mat** required for PP classes
Fitness or Personal Training Inquiries, please email MMASTRO@PSGRC.ORG | Classes: \$10 Each: Healthy Back \$12 | Personal Training: 1Hr/\$69 30min/\$39