

May Fitness



NOCATEE

PONTE VEDRA • FLORIDA

Sun	Mon	Tue	Wed	Thu	Fri	Sat
ORIENTATION: Saturday, May 4th @ 10:15am TO RESERVE YOUR SPOT FOR ORIENTATION EMAIL: FITNESS@NOCATEE.COM			1 A.M. SWEAT 5:30AM CIRCUIT 9:00AM GENTLE YOGA 12:00PM DANCE FUSION 6:00PM	2 GENTLE YOGA 9:00AM AQUAFIT 9:30AM LINE DANCING 10:30AM HIGH FITNESS 6:00PM	3 A.M. SWEAT 5:30AM CIRCUIT 9:00AM AQUAFIT 9:30AM POWER YOGA 10:30AM	4 POWER PILATES 9:00AM DANCE FUSION 10:15AM
5 WEEKEND YOGA 10:30AM	6 CARDIO, TONE & CORE 9:00AM CIRCUIT SCULPT 10:15AM GENTLE YOGA 12:00PM DANCE FUSION 6:00PM	7 PILATES & YOGA FLOW 8:30AM AQUAFIT 9:30AM LINE DANCING 10:00AM CARDIO KICK 6:00PM	8 A.M. SWEAT 5:30AM CIRCUIT 9:00AM GENTLE YOGA 12:00PM DANCE FUSION 6:00PM	9 GENTLE YOGA 9:00AM AQUAFIT 9:30AM LINE DANCING 10:30AM HIGH FITNESS 6:00PM	10 A.M. SWEAT 5:30AM CIRCUIT 9:00AM AQUAFIT 9:30AM POWER YOGA 10:30AM	11 POWER PILATES 9:00AM DANCE FUSION 10:15AM
12 	13 CARDIO, TONE & CORE 9:00AM CIRCUIT SCULPT 10:15AM GENTLE YOGA 12:00PM DANCE FUSION 6:00PM	14 PILATES & YOGA FLOW 8:30AM AQUAFIT 9:30AM LINE DANCING 10:00AM	15 A.M. SWEAT 5:30AM CIRCUIT 9:00AM GENTLE YOGA 12:00PM DANCE FUSION 6:00PM	16 GENTLE YOGA 9:00AM AQUAFIT 9:30AM LINE DANCING 10:30AM HIGH FITNESS 6:00PM	17 A.M. SWEAT 5:30AM CIRCUIT 9:00AM AQUAFIT 9:30AM POWER YOGA 10:30AM	18 POWER PILATES 9:00AM DANCE FUSION 10:15AM
19 WEEKEND YOGA 10:30AM	20 CARDIO, TONE & CORE 9:00AM CIRCUIT SCULPT 10:15AM GENTLE YOGA 12:00PM DANCE FUSION 6:00PM	21 PILATES & YOGA FLOW 8:30AM LINE DANCING 10:00AM CARDIO KICK 6:00PM	22 A.M. SWEAT 5:30AM CIRCUIT 9:00AM GENTLE YOGA 12:00PM DANCE FUSION 6:00PM	23 GENTLE YOGA 9:00AM LINE DANCING 10:30AM HIGH FITNESS 6:00PM	24 A.M. SWEAT 5:30AM CIRCUIT 9:00AM AQUAFIT 9:30AM POWER YOGA 10:30AM	25 POWER PILATES 9:00AM DANCE FUSION 10:15AM
26 WEEKEND YOGA 10:30AM	27 NO CLASSES DUE TO MEMORIAL DAY	28 PILATES & YOGA FLOW 8:30AM AQUAFIT 9:30AM LINE DANCING 10:00AM	29 A.M. SWEAT 5:30AM CIRCUIT 9:00AM GENTLE YOGA 12:00PM DANCE FUSION 6:00PM	30 GENTLE YOGA 9:00AM AQUAFIT 9:30AM LINE DANCING 10:30AM HIGH FITNESS 6:00PM	31 A.M. SWEAT 5:30AM CIRCUIT 9:00AM AQUAFIT 9:30AM POWER YOGA 10:30AM	

Fitness participants must have a fitness card in order to participate in fitness classes. Purchase a fitness card at Resident Services Monday - Friday from 8:00 am—5:00 pm. Cards do not expire and can be used for any class. Resident Fee \$40 - 12 classes per card. Email Fitness@nocatee.com or call Resident Services at (904)924-6850 for info about Fitness classes and/or Personal Training classes.

Nocatee Fitness Class Descriptions

A.M. & P.M. SWEAT This is a high-intensity, boot-camp style class designed to burn fat, build muscle and deliver results. Sweat is a cross training class with variations of functional movement, body weight exercises, resistance training, HIIT (High Intensity Interval Training), plyometrics and military inspired workouts. All fitness levels welcome.

AquaFit A combination of cardio and toning workout for everyone. Class is held at the Swim Club Lap Pool or Splash Park Pool. Using the buoyancy of the water and your own body weight, you will tone and strengthen your entire body and get your heart rate up with less stress on the joints. This class will use pool equipment including resistance bands, noodles, kick boards and water dumbbells. (Note: Class is not held December – March due to cooler weather)

bootybarre® Workout that utilizes the barre that fuses techniques from dance, pilates and yoga. Combines elements of strength, flexibility and cardio for all ages.

Cardio Tone & Core Target the entire body with this interval training class! Challenge yourself with high impact moves, high reps, and core strengthening exercises. This class is for all levels as low impact moves are also shown.

Cardio Step A 60 minute athletic workout that uses the step as a training tool. It will get your heart pounding and sweat pouring as you improve your fitness, agility, coordination, and strength with exciting music and group energy. This sports-inspired step class will appeal to both women AND men!

Circuit This class will strengthen tone and condition your major muscle groups. The concept of this class is to interval train at different stations alternating between high intensity and strength exercises. This class can be modified for all fitness levels.

Gentle Yoga Uses the breath to mindfully move through the slow, gentle and safe postures. You will lengthen and stretch while feeling a strong center in balances. Work with the chakras, mudras, and brief guided meditation will be incorporated. The class always concludes with Savasana (final relaxation). This class will leave you feeling strengthened, stretched, and restored.

Line Dancing Line dance (and dance of any kind) has been proven to be a great weight bearing exercise and because of it's nature it also improves balance and coordination. By learning the steps and then repeating them to different walls line dance promotes brain use and helps with short term memory exercise. We line dance to a variety of music; country, latin, pop, oldies and even rap. There are dances for all ages and abilities. You can also fit the steps to your own style and make the dance as aerobic an exercise as you would like. That is up to you.

Multi Level Yoga Lose inches and pounds and Improve mind/body/breath connection. Yoga poses (adjusted for each level of ability) in a slow flowing sequence (aerobic) which maximizes a core workout, strengthening and stretching pairing the breath and the movement burning more calories. Ending with a guided meditation.

Pilates & Yoga Flow This multi-level fusion class blends Pilates, yoga, and other mat work into a full body workout. Using the breath as a guide, we flow mindfully through a variety of movements to build muscle, improve posture and joint alignment, and enhance flexibility and balance. Modifications available to customize your session and make it as challenging or gentle as you need.

Power Pilates Improve your physical and mental well-being. This low impact mat pilates class is a series of exercises focusing on core muscle strength. Pilates is also designed to create long lean muscles, improve flexibility, balance and posture, as well as increase body and mind awareness. This class is appropriate for everyone (new or advanced students). Students will utilize the pilates ring, ball and light weights. No shoes required.

Dance Fusion A workout that combines a motivating fusion of Latin and international music with unique moves and dynamic combinations that allow participants to dance away their worries. It is based on the principle that a workout should be "Fun and Easy to Do" allowing Zumba® Fitness participants to stick to the program and achieve long-term health benefits in both body and mind. A mixture of body-sculpting movements with easy-to-follow dance steps, the routines utilize the principles of aerobic interval and resistance training. A combination of fast and slow rhythms tone and sculpt the body, maximizing caloric output, fat burning and total body toning.

Cardio Kick Punch, kick and block your way through this fun and challenging cardiovascular workout. This class will strengthen and tone while also increasing the heart rate creating a killer workout.

Weekend Yoga Start your weekend off right with Sat. morning Yoga. This class is designed for all levels, and will lead you through postures and breathing to help you unwind naturally. In each class we will practice being present, strengthen and stretch the muscles of the skeletal, respiratory, and cardiovascular systems and cultivate the strength, flexibility and resilience of the mind, body and spirit. This class is a combination of many styles of Yoga to bring peace and well being. Relaxation techniques at the close of class will help to reduce stress and chronic pain. You will leave relaxed, content, and ready to enjoy your weekend.

HIGH Fitness transforms old school aerobics into a highly addictive new fitness experience that combines simple, modern fitness techniques (i.e. HIIT, plyometrics, barre, etc.) with music you know and love. This results in a high energy, INTENSE workout that leaves participants feeling HIGH and wanting more. The formula alternates between cardio peaks and toning tracks that will take your heart rate to the sky and strength to the next level.