

# November Fitness



**NOCATEE**  
PONTE VEDRA • FLORIDA

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>ORIENTATION: Saturday, November 10th @ 10:15</b> <b>TO RESERVE YOUR SPOT FOR ORIENTATION</b> <b>EMAIL: <a href="mailto:FITNESS@NOCATEE.COM">FITNESS@NOCATEE.COM</a></b>				1 GENTLE YOGA 9:00AM AQUA FIT 9:30AM BODY BLAST 12:00PM LINE DANCING 6:00PM	2 A.M. SWEAT 5:30AM CIRCUIT 9:00AM AQUA FIT 9:30AM POWER YOGA 10:30AM	3 POWER PILATES 8:00AM BARRE 9:00AM
4	5 CARDIO, TONE & CORE 9:00AM CIRCUIT SCULPT 10:30AM GENTLE YOGA 12:00PM ZUMBA 6:00PM	6 PILATES & YOGA FLOW 8:30AM AQUA FIT 9:30AM LINE DANCING 10:00AM ZUMBA 12:00PM	7 A.M. SWEAT 5:30AM AQUA FIT 9:30AM CIRCUIT 9:00AM GENTLE YOGA 12:00PM ZUMBA 6:00PM	8 GENTLE YOGA 9:00AM AQUA FIT 9:30AM BODY BLAST 12:00PM LINE DANCING 6:00PM	9 A.M. SWEAT 5:30AM CIRCUIT 9:00AM AQUA FIT 9:30AM POWER YOGA 10:30AM	10 POWER PILATES 8:00AM BARRE 9:00AM
11	12 CARDIO, TONE & CORE 9:00AM CIRCUIT SCULPT 10:30AM GENTLE YOGA 12:00PM ZUMBA 6:00PM	13 PILATES & YOGA FLOW 8:30AM AQUA FIT 9:30AM LINE DANCING 10:00AM ZUMBA 12:00PM	14 A.M. SWEAT 5:30AM AQUA FIT 9:30AM CIRCUIT 9:00AM GENTLE YOGA 12:00PM ZUMBA 6:00PM	15 GENTLE YOGA 9:00AM AQUA FIT 9:30AM BODY BLAST 12:00PM LINE DANCING 6:00PM	16 CIRCUIT 9:00AM POWER YOGA 10:30AM	17 POWER PILATES 8:00AM BARRE 9:00AM
18	19 CARDIO, TONE & CORE 9:00AM CIRCUIT SCULPT 10:30AM GENTLE YOGA 12:00PM ZUMBA 6:00PM	20 PILATES & YOGA FLOW 8:30AM AQUA FIT 9:30AM LINE DANCING 10:00AM	21 CIRCUIT 9:00AM GENTLE YOGA 12:00PM	22  Happy Thanksgiving	23 <b>No Classes due to</b> <b>Thanksgiving Weekend</b>	
25	26 CARDIO, TONE & CORE 9:00AM CIRCUIT SCULPT 10:30AM GENTLE YOGA 12:00PM ZUMBA 6:00PM	27 PILATES & YOGA FLOW 8:30AM AQUA FIT 9:30AM LINE DANCING 10:00AM ZUMBA 12:00PM	28 A.M. SWEAT 5:30AM AQUA FIT 9:30AM CIRCUIT 9:00AM GENTLE YOGA 12:00PM ZUMBA 6:00PM	29 GENTLE YOGA 9:00AM AQUA FIT 9:30AM BODY BLAST 12:00PM LINE DANCING 6:00PM	30 A.M. SWEAT 5:30AM CIRCUIT 9:00AM AQUA FIT 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](mailto: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.

**Body Blast** A 60 minute full body workout consisting of dumbbell training, body weight exercises, and athletic cardio movement. This class will build strength, endurance, and agility while building lean muscle and burning calories.

**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.

**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.

**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.

**Zumba®** 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.

**Beginning Yoga Monthly Workshop** Whether you are brand new to yoga or just want a little refresher, this workshop is for you. We will learn and practice the basic and foundational yoga postures like Mountain, Downward Dog, Warrior, Forward Fold, and Tree. You will come away from this workshop feeling more comfortable and confident in your yoga practice and ready to join a group class

**Yoga for Athletes** This class is designed specifically as a complement for individuals who engage in higher intensity workouts, but is open to all. The class will help build focus, strength, balance and flexibility and to help prevent and correct overuse and injury. Target areas include hips and thighs, core, knees and lower legs and upper body. Participants will learn dynamic warmups and effective cool downs to enhance other physical activities.

**Cardio Sculpt** This class will target different muscle groups by alternating between several exercises thus improving muscular strength and endurance as well as getting your heart thumping and revving your metabolism!

**Power Yoga** Improve your strength, balance, flexibility, stamina, mobility & endurance with a combination of flow and pose holds (Ashtanga Vinyasa). Props and modifications provided for all levels.