

October Fitness



NOCATEE®

PONTE VEDRA • FLORIDA

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 CARDIO STEP 9:00AM LINE DANCING 11:00AM ZUMBA 6:00PM	2 A.M. SWEAT 5:30AM AQUAFIT 7:30AM CIRCUIT 9:00AM PILATES & YOGA FUSION 11:00AM	3 BARRE 9:00AM
4 WEEKEND YOGA 10:30AM	5 CARDIO, TONE & CORE 9:00AM GENTLE YOGA 12:00PM ZUMBA 6:00PM	6 BODY BLAST 9:00AM LINE DANCING 11:00AM	7 A.M. SWEAT 5:30AM STEP & SCULPT 7:15AM AQUAFIT 8:00AM CIRCUIT 9:00AM GENTLE YOGA 12:00PM	8 CARDIO STEP 9:00AM LINE DANCING 11:00AM ZUMBA 6:00PM	9 A.M. SWEAT 5:30AM AQUAFIT 7:30AM CIRCUIT 9:00AM PILATES & YOGA FUSION 11:00AM	10
11 WEEKEND YOGA 10:30AM	12 CARDIO, TONE & CORE 9:00AM GENTLE YOGA 12:00PM ZUMBA 6:00PM	13 BODY BLAST 9:00AM LINE DANCING 11:00AM	14 A.M. SWEAT 5:30AM STEP & SCULPT 7:15AM AQUAFIT 8:00AM CIRCUIT 9:00AM GENTLE YOGA 12:00PM	15 CARDIO STEP 9:00AM LINE DANCING 11:00AM ZUMBA 6:00PM	16 A.M. SWEAT 5:30AM AQUAFIT 7:30AM CIRCUIT 9:00AM PILATES & YOGA FUSION 11:00AM	17
18 WEEKEND YOGA 10:30AM	19 CARDIO, TONE & CORE 9:00AM GENTLE YOGA 12:00PM ZUMBA 6:00PM	20 BODY BLAST 9:00AM LINE DANCING 11:00AM	21 A.M. SWEAT 5:30AM STEP & SCULPT 7:15AM AQUAFIT 8:00AM CIRCUIT 9:00AM GENTLE YOGA 12:00PM	22 CARDIO STEP 9:00AM LINE DANCING 11:00AM ZUMBA 6:00PM	23 A.M. SWEAT 5:30AM AQUAFIT 7:30AM CIRCUIT 9:00AM PILATES & YOGA FUSION 11:00AM	24 BARRE 9:00AM
25 WEEKEND YOGA 10:30AM	26 CARDIO, TONE & CORE 9:00AM GENTLE YOGA 12:00PM ZUMBA 6:00PM	27 BODY BLAST 9:00AM LINE DANCING 11:00AM	28 A.M. SWEAT 5:30AM STEP & SCULPT 7:15AM AQUAFIT 8:00AM CIRCUIT 9:00AM GENTLE YOGA 12:00PM	29 CARDIO STEP 9:00AM LINE DANCING 11:00AM ZUMBA 6:00PM	30 A.M. SWEAT 5:30AM AQUAFIT 7:30AM CIRCUIT 9:00AM PILATES & YOGA FUSION 11:00AM	31 BARRE 9:00AM

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 \$50 - 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. 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). 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 November – March due to cooler weather)

Barre This is a low impact strength class utilizing the ballet barre. Emphasis is on lower body and core with key components from ballet, pilates and strength moves. All levels of fitness welcome.

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.

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. It's not an "old school" step class: This modern, sports-inspired program set to motivating music is intense but fun!

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.

Circuit This is a stationary interval class designed for maximum calorie burn. Alternating between strength and cardio designed for all fitness levels.

Gentle Yoga Unroll your mat for a full body flow. This class will strengthen and detoxify both body and mind. Using breath to move through the shapes, everyone is encouraged to practice at their own level. Variations and modifications are always offered. Expect to leave this class feeling toned and refreshed.

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.

Pilates & Yoga Fusion An upbeat class that blends the stretching of yoga and combines it with the intense and effective core work of Pilates. You'll get the perfect balance of yoga poses and pilates exercises to feel leaner and refreshed.

Step and Sculpt Get the best of both worlds with this class combining a low impact cardio step workout and finishing with strength and core work

Weekend Yoga Start your day off right with Sunday 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.