

# November FITNESS CLASSES

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

		1	2	3	4	5
PLEASE BRING WATER TO ALL CLASSES. HYDRATION IS IMPORTANT!						
6	7	8	9	10	11	12
	<b>Circuit Class</b> 8:00am-8:45am	<b>Aqua Fit</b> 8:00am-8:45am		<b>Aqua Fit</b> 8:00am-8:45am	<b>Circuit Class</b> 8:00am-8:45am	
13	14	15	16	17	18	19
	<b>Circuit Class</b> 8:00am-8:45am	<b>Aqua Fit</b> 8:00am-8:45am		<b>Aqua Fit</b> 8:00am-8:45am	<b>Circuit Class</b> 8:00am-8:45am	
20	21	22	23	24	25	26
	<b>Circuit Class</b> 8:00am-8:45am	<b>Aqua Fit</b> 8:00am-8:45am		<b>Aqua Fit</b> 8:00am-8:45am	<b>Circuit Class</b> 8:00am-8:45am	
27	28	29	30			
	<b>Circuit Class</b> 8:00am-8:45am	<b>Aqua Fit</b> 8:00am-8:45am				

**INFO**

OPEN TO EMERALD GRANDE  
RESORT GUESTS & OWNERS  
\$10 PER CLASS | 850-337-8150 for more info  
ALL CLASSES ARE WEATHER PERMITTING

**LOCATIONS**

CIRCUIT CLASS - In the Fitness Center  
AQUA FIT - Main pool

## CIRCUIT CLASS

A form of body conditioning involving endurance, resistance, and aerobic training, our classes are suitable for all fitness levels and alternative exercises are always an option. Performed in a circuit similar to interval training you will challenge yourself to get stronger and move better!

## AQUA FIT

A fun and refreshing class for all ages that will strengthen your entire body. Using water resistance in a variety of movements, Aqua Fit offer endurance and resistance training for all levels. So whether you are a beginner or an avid fitness enthusiast, this aquatic adventure is for you!

## PERSONAL TRAINING

In need of a personal trainer during your vacation? Call the Spa to reserve your personal trainer.

1 Hour Session - \$100