



# September FITNESS CLASSES

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

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

**INFO**

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

**LOCATIONS**

AQUA FIT - Main pool  
BEACH BOOT CAMP - Emerald Grande Beach Shuttle (Must take Boat Shuttle to Beach. Please arrive early to shuttle to ensure your spot and make it to class on time.)