

March Fitness Schedule 2020

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 9am Morning Stretch	2 9am Morning Yoga 10am Surfset	3 7am Meditation 8am Morning Yoga 9am Beach Body Fit	4 8am Morning Stretch	5 8am Rooftop Cycle 9am Morning Yoga	6 9am Morning Yoga 10am Surfset	7 9am Morning Yoga
8 9am Morning Stretch	9 9am Morning Yoga 10am Surfset 7pm Full Moon Yoga	10 7am Meditation 8am Morning Yoga 9am Beach Body Fit	11 8am Morning Stretch	12 8am Rooftop Cycle 9am Morning Yoga	13 9am Morning Yoga 10am Surfset	14 9am Morning Yoga
15 9am Morning Stretch	16 9am Morning Yoga 10am Surfset	17 7am Meditation 8am Morning Yoga 9am Beach Body Fit	18 8am Morning Stretch	19 9am Morning Yoga 10 am Beach Body Fit	20 9am Morning Yoga 10am Surfset	21 9am Morning Yoga
22 9am Morning Stretch	23 9am Morning Yoga 10am Surfset	24 7am Meditation 8am Morning Yoga 9am Beach Body Fit	25 8am Morning Stretch	26 8am Rooftop Cycle 9am Morning Yoga	27 9am Morning Yoga 10am Surfset	28 9am Morning Yoga
29 9am Morning Stretch	30 9am Morning Yoga 10am Surfset	31 7am Meditation 8am Morning Yoga 9am Beach Body Fit	<p>To guarantee your spot, please reserve all classes at least 24 hours in advance at 850.424.4421</p>			



Class Descriptions

Please reserve classes at least 24 hours in advance at 850.424.4421.

For more information on any of these fitness offerings, please email recreation@hendersonbeachresort.com or 850.424.4421

Private Group Fitness Classes
Private Personal Training & more

Fitness Center is open 24 hours a day 7 days a week.

Activities Desk is staffed daily from 8am – 5pm

Fitness Classes

Beach Body Fit – Complimentary

Get yourself into great shape with this all over body toning workout. Focusing on strength, muscular endurance and fitness conditioning. This class is for everyone and a great way to start the day. This class is 50 minutes.

Full Moon Yoga – Complimentary

In celebration of the full moon, yoga enthusiasts of all levels are invited to practice yoga under the warm Spring night sky while the bright full moon shines above. This class is 50 minutes.

Meditation – Complimentary

Calm your mind, settle your body and find a softer focus to your day. This class is 30 minutes.

Morning Stretch – Complimentary

Start your day with Morning Stretch with ELDOA style, one of the safest and most effective ways to create space and balance in the body, improve posture and tone muscles. You'll see immediate results from this fun, challenging class. This class is 50 minutes.

Morning Yoga – Complimentary

Come and enjoy the morning Gulf breeze where this class should leave you with lengthened, loosened and released muscles. A combination of floor and standing postures will be practiced. Breath will aid body in holding poses for longer periods. This class is 50 minutes.

Paddle Fit – Complimentary

Paddle Fit consists of a brief safety lesson followed by isometric and core strengthening exercises on the board. Standing on a paddleboard instantly activates your abdominal muscles to keep you balanced and your core is engaged the entire time. This class ends with you feeling very fit and accomplished. This class is 50 minutes.

Rooftop Cycle – Complimentary

This class is a great cardio vascular workout. Pedal through hill climbs, sprints, and many other challenging drills and exercises. All levels are welcome. This class is 50 minutes.

Surfset – Complimentary

Surfset is a full body approach inspired by one of the world's most athletic sports, and the benefits are not limited to one field of fitness. We draw from the real movements of surfing to create workouts that build balance, core strength, stability, agility, aerobic conditioning, power, lean muscle & coordination. SURFSET® classes are structured for optimal fat burn, muscle build & improved balance. This class is 45 minutes.

Personal Training – \$60 per person/\$100 for two people

Our certified personal trainers offer individually designed workouts with ongoing support and motivation. They will provide one-on-one guidance and professional assistance so you can reach your goals. Our training team is there to work with you to develop an effective workout. This class is 50 minutes. 48-hour reservation required.

