



FITNESS CLASSES

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
(with Sandy) 9:00 AM Intro to Mat Pilates Aerobics Room	(with Sandy) 9:00 AM Body Design Aerobics Room	(with Sandy) 9:00 AM Interval Training Aerobics Room	(with Debbie) 9:00 AM Beginning Yoga Aerobics Room	(with Raquel) 9:00 AM Zumba Aerobics Room	(with Sandy) 8:00 AM Step & Tone Aerobics Room	(with Jack) 9:00 AM Tai Chi on the Beach Morning Beach
(With Sandy) 10:00 AM Beginning to Intermediate Mat Pilates Aerobics Room	(with Sandy) 10:15 AM Water Aerobics Spa Pool	(with Sandy) 10:15 AM Water Aerobics Spa Pool	(with Debbie) 10:00 AM Yoga Flow Aerobics Room	(with Jack) 11:00 AM Iron Yoga Aerobics Room	(with Sandy) 9:15 AM Total Body Tune-up Get Wet! Spa Pool	(with Sandy) 9:00 AM Water Aerobics Spa Pool
			(with Debbie) 11:00 AM Good Morning Meditations		11:00 AM Kaiser Strength Machine Clinic Fitness Center	(with Jack) 10:00 AM Yoga Pilates Aerobics Room

TENNIS CLINICS

FEES APPLY FOR ALL TENNIS CLINICS. SEE REVERSE FOR CLASS DESCRIPTIONS AND FEES.

	10:00 AM Tennis Stroke Clinic	10:00 AM Tennis Stroke Clinic	10:00 AM Tennis Stroke Clinic	10:00 AM Tennis Stroke Clinic	10:00 AM Tennis Stroke Clinic	10:00 AM Tennis Stroke Clinic
	11:00 AM Tennis Clinic Kids Age 4-7	11:00 AM Tennis Clinic Kids Age 4-7	11:00 AM Tennis Clinic Kids Age 4-7	11:00 AM Tennis Clinic Kids Age 4-7	11:00 AM Tennis Clinics Kids Age 4-7	11:00 AM Tennis Clinic Kids Age 4-7
	11:30 AM Tennis Clinic Kids Age 8-12	11:30 AM Tennis Clinic Kids Age 8-12	11:30 AM Tennis Clinic Kids Age 8-12	11:30 AM Tennis Clinic Kids Age 8-12	11:30 AM Tennis Clinics Kids Age 8-12	11:30 AM Tennis Clinic Kids Age 8-12

PERSONAL TRAINING SERVICES

Whether beginning your program or fine-tuning your existing one, a Personal Trainer can guide and motivate you. Jack Barone, our Fitness Supervisor is a certified Personal Trainer, Yoga and Pilates Instructor. Offering his Meat & Potatoes™ Workout exclusively to guests and members, Jack would be happy to personally assist you in reaching your fitness goals. We also offer several packages to help you growth with your fitness goals including:

- Pilates Personal Training - Fitness Age™ Evaluation - Fitness Sampler - Body Composition
- Integrative Yoga Therapy - Take Home Program - Personal Training Session

For more information on our personal training services and fees, stop by The Fitness Center at The Spa for more details or call 466-2552.

Please see the reverse side for more information on our Fitness and Tennis Services. Class Schedules may vary and are subject to change.

Effective 2/10/09

FITNESS CLASS DESCRIPTIONS

The Fitness Center at The Spa at Sanibel Harbour offers a rotating schedule of daily exercise classes available to all Fitness Center members. Resort guests are welcome to join in the classes as a part of the daily exclusive benefits fee.

Body Design/Interval Training (55 minutes) – *Spa Aerobics Room* – Non-step exercises focusing on muscular endurance and stretching.

Aqua Body Tune-up (45 minutes) – *Spa Pool* – A refreshing water workout targeting all major and minor muscle groups.

Beginners Yoga (55 minutes) *Spa Aerobics Room* – This class is designed as an introduction to the gentle, stress relieving exercises of yoga.

Beginners to Intermediate Mat Pilates (55 minutes) - *Spa Aerobics Room* – Lengthening, stretching and strengthening your muscles the Pilates way is what this class is all about. Utilizing your core for more effective strength exercises is taught in this fun workout.

Good Morning Meditation (45 minutes) – Restore Body, Mind and Soul! This guided meditation class is based on iRest, a technique developed by Richard Miller, PhD. That blends ancient eastern practices and principles of western psychology to promote deep relaxation and reveal our true nature of equanimity.

Intro to Matt Pilates (55 minutes) - *Spa Aerobics Room* – Designed for the entry level Pilates Student, this class will give you the fundamentals of Pilates, so your focus can be on proper form and technique.

Iron Yoga (55 minutes) - *Spa Aerobics Room* – Weight training, yoga postures and cardio-intervals – plus whatever Jack can come up with!

Kaiser Strength Machine Clinic (30 minutes) – *Fitness Room* – Join our personal trainer for instruction on our Kaiser line fitness equipment.

Step & Tone (50 minutes) – *Spa Aerobics Room* – Combination of Step Aerobics and Body Toning sure to please all fitness levels.

Tai Chi (45 minutes) – *Morning Beach* – This non-impact workout is great for all ages. Join us for a relaxing and meditating intro to Tai Chi/Qigong.

Water Aerobics (45 minutes) – *Spa Pool* – A fantastic burning and toning workout using water resistance, which offers a solid cardiovascular workout.

Yoga Flow (55 minutes) – *Spa Aerobics Room* – This is a mixed level class that uses sequences of postures to energize and soothe the body, mind and spirit.

Yoga/Pilates(55 minutes) – *Spa Aerobics Room* – A wonderful blend of Yoga stretching, relaxation and Pilates exercises.

Zumba – (45 minutes) - *Spa Aerobics Room* – It's Dance, its fun! Join us –

TENNIS CLINICS & SERVICES DESCRIPTION

Sanibel Harbour Resort & Spa offers a USPTA and USPTR-certified instructional staff ready to help guests improve their game. We offer daily clinics, private and group instruction, special events, tennis enhancement clinics and matchmaking services that cater to players at all levels. Resort guests are provided unlimited court time, based on availability and at no additional charge, as a part of their daily exclusive benefits fee.

Tennis Stroke Clinic

Topics include ground strokes; net game, approach shots, serve and return, overhead lob and doubles strategy. Four-player minimum, eight maximum. Advances registration recommended -----60 minutes/25* per person

Kid's Tennis Clinics

Two half-hour clinics are offered daily for children ages 4 to 7 and 8 to 12. An eye-hand coordination clinic filled with games, contests and fun. Use of children's racquet included. Four-player minimum. Advanced registration recommended. 30 minutes/\$20 per child.

Private Lessons

Whether you want to learn the fundamentals of the game or fine tune your strokes, private lessons are available for beginners, intermediate and advanced players from our pros. Fee includes racquet rental -----25 minutes \$40, \$60, and \$70.

Hitting Sessions

For players who don't have a match scheduled but still want a challenge, arrange a hitting session with one of our pros. 30 minutes/\$40, \$60 minutes \$70.

Racquet Rental

Daily rentals available ----- \$5 fee

*All tennis fees are subject to sales tax and service charge. Additional gratuities are discretionary. Cancellation of all tennis services must be made at least twelve (12) hours in advance to avoid a no-show charge.

For more information on our Tennis Clinics and Services, call the Tennis Desk at 239-466-2159