NOVEMBER 2026 Fitness Classes

Hammock Beach™
GOLF RESORT & SPA



MON	TUE	WED	THU	FRI	SAT	SUN
8:00 - 8:30am • Weight, Bands, Core & More • HIIT (outside)	8:00 - 8:50am Tone/Cardio/ Core	8:00 - 8:50am • Weight, Bands, Core & More • HIIT with Bands (outside)	8:00 - 8:50am Tone/Cardio/ Core	8:00 - 8:30am Weight, Bands, Core & More		
9:00 - 9:50am • Aqua Fitness • Flow Yoga (outside) • Cardio Sculpt	9:00 - 9:50am • Aqua Fitness • Total Strength	9:00 - 9:50am • Aqua Fitness • Toning with Versa Bands	9:00 - 9:50am • Aqua Fitness • Flow Yoga (Light on Wrists)	9:00 - 9:50am • Aqua Fitness • Tabata	9:00 - 9:50am • Aqua Fitness • Toning with Versa Bands	9:15 - 10:15am Flow Yoga
10:00 - 10:50am Stretch Fusion	10:00 - 10:50am Cardio Kickboxing	10:00 - 10:50am Stretch/Balance Fusion	10:00 - 10:50am Stretch Fusion	10:00 - 10:50am Stretch Fusion Foam Rolling	10:00 - 10:50am Stretch	10:30 - 11:20am Yoga Sculpt
11:00 - 11:50am Fit for Life	11:00 - 11:50am Ultimate Abs & Glutes	11:00 - 11:50am Fit for Life	11:00 - 11:50am Functional Strength & Balance	11:00 - 11:50am Fit for Life		
12:00 - 12:50pm Bar Sculpt	12:00 - 12:50pm Chair Yoga/ Stretch & Balance	12:00 - 12:50pm Broga Stretch (Male Specific)	12:00 - 12:50pm Chair Yoga/ Stretch & Balance	12:00 - 12:50pm Flow Yoga		
1:00 - 1:50pm Tai Chi Intermediate	1:00 - 1:50pm Athletic Functional Training	1:00 - 1:50pm Circuit Training	1:00 - 1:50pm Bar, Ball & Bell	1:00 - 1:50pm Tai Chi Intermediate		
4:30 - 5:20pm Yoga Sculpt	4:00 - 4:50pm Flow Yoga	4:30 - 5:20pm Yoga Sculpt	4:00 - 4:50pm Power Pilates			

THE LODGE SPINNING STUDIO CLASSES

9:00 - 9:50am Spinning	9:00 - 9:50am Spinning	9:00 - 9:50am Beginner/ Intermediate	9:00 - 9:50am Spinning	9:00 - 9:50am Elite Spinning	9:00 - 9:50am Elite Spinning	9:00 - 9:50am Pop Cycle

CLASSES ARE LIMITED.
To ensure a spot, call to sign up:
386.246.5589

Guest of Member $15
Extended Family Member $10
Resort Guest $20

Class schedule and instructors subject to change without notice.
Schedule effective 11/01/2026.

FRIENDLY REMINDER:
Please pre-register in MindBody for Group Fitness classes. Appropriate footwear in Group Fitness class is mandatory in order to prevent injury. Please see Membership Handbook for more information.

PERSONAL TRAINING SESSIONS:
Couples Training $90 | 60-Minute Adult Session $60 | 30-Minute Adult Session
60-Minute Teen Session $50 | 30-Minute Teen Session $40