

# FITNESS CLASSES *With a View!*

## OCTOBER 2020–APRIL 2021 FITNESS SCHEDULE

Schedule Beginning October 1 (Unless Otherwise Noted)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>8:00 AM-9:00 AM</b> <b>AQUA ZUMBA®</b> (starts November) Main Pool	<b>8:30 AM-9:15 AM</b> <b>MEDITATION &amp; STRETCH</b> Beach	<b>8:00 AM-9:00 AM</b> <b>AQUA ZUMBA®</b> (starts November) Main Pool	<b>8:30 AM-9:15 AM</b> <b>MEDITATION &amp; STRETCH</b> Beach	<b>8:00 AM-9:00 AM</b> <b>AQUA ZUMBA®</b> (starts November) Main Pool	<b>8:30 AM-9:15 AM</b> <b>MEDITATION &amp; STRETCH</b> Beach	<b>8:30 AM-9:30 AM</b> <b>YOGA ON THE BEACH</b> (starts November) Beach
<b>9:30 AM-10:30 AM</b> <b>ZUMBA®</b> Lace Murex Lawn	<b>9:30 AM-10:30 AM</b> <b>BODY WEIGHT BOOT CAMP</b> Sundial Terrace or Lace Murex Lawn	<b>9:30 AM-10:30 AM</b> <b>ZUMBA®</b> Lace Murex Lawn	<b>9:30 AM-10:30 AM</b> <b>BODY WEIGHT BOOT CAMP</b> Sundial Terrace or Lace Murex Lawn	<b>9:30 AM-10:30 AM</b> <b>ZUMBA®</b> Sundial Terrace or Lace Murex Lawn*	<b>9:30 AM-10:30 AM</b> <b>BODY WEIGHT BOOT CAMP</b> Sundial Terrace or Lace Murex Lawn	
<b>4:00 PM-5:00 PM</b> <b>ZUMBA® KIDS</b> Main Pool Ages 4 & Up (starts November)	<b>10:30 AM</b> <b>PERSONAL TRAINING</b> <i>*Available by appointment only from 10:30 AM</i>	<b>4:00 PM-5:00 PM</b> <b>ZUMBA® KIDS</b> Main Pool Ages 4 & Up (starts November)	<b>10:30 AM</b> <b>PERSONAL TRAINING</b> <i>*Available by appointment only from 10:30 AM</i>		<b>10:30 AM</b> <b>PERSONAL TRAINING</b> <i>*Available by appointment only from 10:30 AM</i> Fitness Center	
<b>5:00 PM-6:00 PM</b> <b>ZUMBA®</b> Sundial Terrace		<b>5:00 PM-6:00 PM</b> <b>ZUMBA®</b> Sundial Terrace				

CLASSES PRICED AT **\$10** (excluding Personal Training)

Personal Training Appointments and Fee Information: [DERRICK@PARAGONFITNESSCOACHING.COM](mailto:DERRICK@PARAGONFITNESSCOACHING.COM)  
 For All Other Inquiries: [INFO@SUNDIALRESORT.COM](mailto:INFO@SUNDIALRESORT.COM)

[SUNDIALRESORT.COM/PLAY/FITNESSCLASSES](http://SUNDIALRESORT.COM/PLAY/FITNESSCLASSES)

· SUNDIAL ·  
 FITNESS