

Pinery & Pradera Fitness Class Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:00am	Vinyasa Yoga Instructor - Kelsey Location - Pinery Cost - \$10 per class		Vinyasa Yoga Instructor - Kelsey Location - Pinery Cost - \$10 per class				
8:00am		Pilates Instructor - Allyson Location - Pinery Cost - \$20				Golf Mobility Instructor - Brandyn Location - Pinery Cost - \$10	
9:00am		Pilates Instructor - Allyson Location - Pinery Cost - \$20				Core & Posture Instructor - Brandyn Location - Pinery Cost - \$5	
10:30am	Golf Fitness Instructor - Brandyn Location - Pradera Cost - \$25		Golf Fitness Instructor - Brandyn Location - Pradera Cost - \$25		Golf Fitness Instructor - Brandyn Location - Pradera Cost - \$25		
10:30am							
4:00pm				Pilates Instructor - Allyson Location - Pradera Cost - \$20			
7:00pm			Total Body Conditioning Instructor - Rosita Location - Pinery Cost - \$10 per class				

CLASS DESCRIPTIONS AND PRICING

Golf Mobility- Do your body a favor by reducing pain, inflammation, improving your stabilization while strengthening your core and spine with our 50 min group class. This is a great workout for all levels of fitness and designed to not only improve your golf game, but serves as a wonderful warm up as well.

- Location: Pinery
- Cost: \$10 per class
- Sign up on ForeTees (Each Class has Limited Availability)

Total Body Conditioning- This class is a way to improve your physique and increase your lean muscle mass. This is a strength training class that is great for beginners, as well as experienced exercisers. You will use a variety of equipment while targeting every muscle group.

- Location: Pinery
- Cost: \$10 per class
- Sign up for your first class on ForeTees

Vinyasa Yoga- Coordinating breath with movement, we will gently flow with music through a series of postures to slowly awaken the body and start the day. Students will build strength, energy, flexibility, and the power of your breath in a fun atmosphere!

- Location: Pinery
- Cost: \$10 per class
- Sign up on ForeTees

Golf Fitness - Improve your golf game with our new, exclusive golf fitness-training program. This one-hour group training session continuously progresses week after week while focusing on golf-specific muscular strength, stability and balance, postural control, flexibility and the development of power for a more consistent, stabilized swing. Once enrolled, you will receive access to a state of the art fitness app, where you can find your golf exercise program to follow/workout on your own, outside of classes.

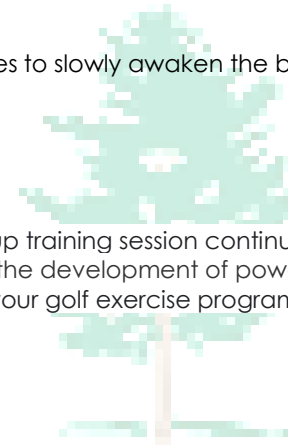
- Location: Pradera
- Cost: \$25 per session
- Sign up on ForeTees

Pilates - Total Body Conditioning- This class is a way to improve your physique and increase your lean muscle mass. Pilates is a strength training class that is great for beginners, as well as experienced exercisers. You will use a variety of equipment while targeting every muscle group.

- Location: Pinery and Pradera
- Cost: \$20 per class
- Sign up on ForeTees

Core and Posture - A 30 min core-training workout to strengthen the muscles of your midsection (abs, hips, glutes, and lower back). Exercises are designed to improve your posture and stability, which will ultimately improve your performance in sports and everyday movements.

- Location: Pinery
- Cost: \$5
- Sign up on ForeTees (Each Class has Limited Availability)



THE PINERY
COUNTRY CLUB