

Pinery & Pradera Fitness Class Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00am		Pilates Instructor - Allyson Location - Pinery Cost – \$20	Pilates Instructor - Allyson Location - Pradera Cost – \$20			
10:00am		Pilates Instructor - Allyson Location - Pinery Cost – \$20				
9:30am	Golf Fitness Instructor - Brandyn Location - Pradera Cost – \$25		Golf Fitness Instructor - Brandyn Location - Pradera Cost – \$25			
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	Golf Fitness Instructor - Brandyn Location - Pradera Cost – \$25	Golf Fitness Instructor - Brandyn Location - Pradera Cost – \$25	
11:30am					Golf Fitness Instructor - Brandyn Location - Pradera Cost – \$25	
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

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.

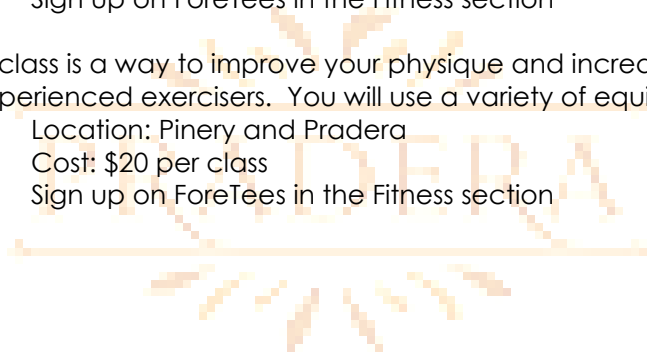
- Location: Pinery
- Cost: \$10 per class
- Sign up for your first class on ForeTees in the Fitness section

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 in the Fitness section

Pilates - 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 in the Fitness section



THE CLUB AT PRADERA



THE PINERY
COUNTRY CLUB