



February School VACAY 2012 Activities for Adults

Cooking Demonstration with Executive Chef Phil Flath

Join Chef Phil as he prepares a signature appetizer and entrée and dessert from the Bayzo's and Ocean Terrace menu. Space is limited to 40 Guests and reservations need to be made in advance. Please call 774.323.6013 to reserve your spot for any of the following classes.

Sunday, February 19, appetizer; 2:00pm

Tuesday, February 21, entrée; 2:00pm

Thursday, February 23, dessert, 2:00pm

Mansion Ballroom

Wine & Chocolates

A special wine tasting by one of Ocean Edge's most popular wine vendors. Featuring a variety of red wines paired with chocolate delicacies. Space is limited to 30 guests and reservations need to be made in advance.

Please call 774.323.6013 for reservations.

Friday, February 17, 7:00pm

Friday, February 24, 7:00pm

First floor Mansion

Adults Only Swimming

Offered daily from 7:00am to 10:00am

Fletcher Indoor Pool on the Villages side

Fitness for Adults*

*there is a \$15 fee for all fitness classes and all classes are in the Mansion Fitness Studio unless otherwise noted.

Aqua Fitness

You will feel great after this water workout. A one-hour class designed for all levels. Come have fun and stay HEART HEALTHY!

Monday, February 20, 9:45am

Tuesday, February 21, 9:45am

Thursday, February 23, 9:45am

Fletcher Indoor Pool on the Villages side



Body Bar Workout Plus

A total body weight work out. No dancing or difficult moves. This class focuses on alignment, toning and strength, along with an easy to follow cardio component.

Friday, February 17, 9:30am

Friday, February 24, 9:30am

The Fitness Studio at the Bayside Indoor Fitness Center, East Wing

Cardio Core

Intervals of cardio with core strengthening segments. Great calorie burner! All levels are welcome

Tuesday, February 21, 3:45pm

The Fitness Studio at the Bayside Indoor Fitness Center, East Wing

Spinning

One of our most popular classes. Please call 774.323.6054 to reserve a bike. No shows will be charged.

Saturday, February 18, 8:00am

Saturday, February 25, 8:00am

The Fitness Studio at the Bayside Indoor Fitness Center, East Wing

Spin Express

A 40-minute cardio workout with a stretch segment at the end. All levels are welcome.

Wednesday, February 22, 3:45pm

The Fitness Studio at the Bayside Indoor Fitness Center, East Wing

Step and Strength

This will focus on the entire body with an easy to follow cardio component that can be done on or off the step. Weights will be used. All levels welcome!

Monday, February 20, 9:30am

Thursday, February 23, 3:45pm

The Fitness Studio at the Bayside Indoor Fitness Center, East Wing

Tai Yoga

A unique combination of yoga and tai chi with stretching. All levels are welcome

Friday, February 24, 3:45pm

The Fitness Studio at the Bayside Indoor Fitness Center, East Wing



Weights and Balance

A weights class designed to strengthen and tone. All levels are welcome.

Wednesday, February 22, 9:30am

The Fitness Studio at the Bayside Indoor Fitness Center, East Wing

Yoga in the Studio

A wonderful class for the beginner as well as the advanced student. No prior experience necessary.

Sunday, February 19, 9:30am

Monday, February 20, 3:45pm

Sunday, February 26, 9:30am

The Fitness Studio at the Bayside Indoor Fitness Center, East Wing