



## February School VACAY 2012

<b>FRI FEB 17</b>	Adults Only Swimming Fletcher Pool 7A-10A	Body Bar Workout Plus Bayside Fitness 9:30A		XBOX Kinect Game Room Carriage House 4P-8P							Wine & Chocolates Mansion 7P
<b>SAT FEB 18</b>	Adults Only Swimming Fletcher Pool 7A-10A	Spinning Bayside Fitness 8A	Cannonball Contest Fletcher Pool 10A	XBOX Kinect Game Room Carriage House 10A-8P			Pool Pizza Party Fletcher Pool 12P	Cape Cod Pirates Carriage House 3P			Family Movie Mansion Ballroom 7P
<b>SUN FEB 19</b>	Adults Only Swimming Fletcher Pool 7A-10A	Yoga Bayside Fitness 9:30A	Inner Tube Water Polo Fletcher Pool 10A	XBOX Kinect Game Room Carriage House 10A-8P		SNAG Golf Carriage House 11A		Cooking Demonstration Mansion Ballroom 2P		Story Time Mansion 3:30P	Family Movie Mansion Ballroom 7P
<b>MON FEB 20</b>	Adults Only Swimming Fletcher Pool 7A-10A	Step & Strength Bayside Fitness 9:30A	Aqua Fitness Fletcher Pool 9:45A	XBOX Kinect Game Room Carriage House 10A-8P	Beginner Hip Hop Bayside Fitness 11A		Pool Pizza Party Fletcher Pool 12P		Scavenger Hunt Mansion 3P	Yoga Bayside Fitness 3:45P	Family Movie Mansion Ballroom 7P
<b>TUES FEB 21</b>	Adults Only Swimming Fletcher Pool 7A-10A		Aqua Fitness Fletcher Pool 9:45A	XBOX Kinect Game Room Carriage House 10A-8P	Advanced Hip Hop Bayside Fitness 11A	Project Runway & Superheroes Carriage House 11A		Cooking Demonstration Mansion Ballroom 2P	Kickboard Racing Fletcher Pool 3P	Cardio Core Bayside Fitness 3:45P	Kids Lounge & Trunk Show Carriage House 7P
<b>WEDS FEB 22</b>	Adults Only Swimming Fletcher Pool 7A-10A	Weights & Balance Bayside Fitness 9:30A		XBOX Kinect Game Room Carriage House 10A-8P	Beginner Hip Hop Bayside Fitness 11A		Pool Pizza Party Fletcher Pool 12P		Cupcake Happy Hour Mansion Ballroom 3P	Spin Express Bayside Fitness 3:45P	Family Karaoke Carriage House 8P



<b>THU FEB 23</b>	Adults Only Swimming Fletcher Pool 7A-10A		Aqua Fitness Fletcher Pool 9:45A	XBOX Kinect Game Room Carriage House 10A-8P	Advanced Hip Hop Bayside Fitness 11A	Project Runway & Superheroes Carriage House 11A		Cooking Demonstration Mansion Ballroom 2P	Cape Cod Pirates Carriage House 3P	Step & Strength Bayside Fitness 3:45P	Family Movie Mansion Ballroom 7P
<b>FRI FEB 24</b>	Adults Only Swimming Fletcher Pool 7A-10A	Body Bar Workout Plus Bayside Fitness 9:30A	Tye-Dye Fletcher Pool 10A	XBOX Kinect Game Room Carriage House 10A-8P	Beginner Hip Hop Bayside Fitness 11A			Cupcake Happy Hour Mansion Ballroom 3P	Tai Yoga Stretch Bayside Fitness 3:45	Wine & Chocolates Mansion 7P	Family Karaoke Carriage House 8P
<b>SAT FEB 25</b>	Adults Only Swimming Fletcher Pool 7A-10A	Spinning Bayside Fitness 8A	Cannonball Contest Fletcher Pool 10A	XBOX Kinect Game Room Carriage House 10A-8P	Advanced Hip Hop Bayside Fitness 11A		Pool Pizza Party Fletcher Pool 12P	SNAG Golf Carriage House 3P			Family Movie Mansion Ballroom 7P

**BODY BAR PLUS WORKOUT:** A total body weight workout. No dancing or difficult moves. This class focuses on alignment, toning and strength along with an easy to follow cardio component.

**STEP & 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 are welcome.

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

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

**SPINNING:** A non-impact cardio workout. **Please call 774.323.6054 to reserve a bike. No-shows will be charged for this class.**

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

**WEIGHTS & BALANCE:** A weights class designed to strengthen and tone. All levels are welcome.

**TAI YOGA:** A unique combination of yoga and tai chi with stretching. All levels are welcome

**YOGA IN THE STUDIO:** A wonderful class for the beginner as well as the advanced student. No prior experience is necessary.

**Please note there is a \$15.00 class fee for all Adult Fitness classes. All pool activities will be held at Fletcher Indoor Pool on the Villages Side of the Resort. This schedule is subject to change.**