

THE HEALTH AND AQUATIC CLUB

WEEKLY CLASS SCHEDULE

SUN

8:00AM Pilates with Bob
9:00AM Zumba with Donna

MON

9:30AM Yoga with Shawn Rene
5:30PM Cycle with Sue Ann

TUE

8:00AM Water Aerobics with Edith
8:30AM Strength & Tone with Bob
5:30PM Bay Fit with Sue Ann

WED

8:00AM Cycle with Bob
9:00AM Aqua Barre with Shawn Rene
5:30PM Body Sculpt with Shawn Rene

THU

8:00AM Water Aerobics with Edith
8:30AM Pilates with Bob
5:30PM Bay Fit with Sue Ann

FRI

8:00AM Cycle with Bob
9:30AM Beach Bod with Shawn Rene

SAT

8:00AM Yoga with Brigitta
9:00AM Water Aerobics with Brigitta
10:00AM Interval Fusion with Shawn Rene



B·A·Y·S·I·D·E
RESORT GOLF CLUB

The Health and Aquatic Club at Bayside
Open 7AM to 7PM Daily | 302.436.3550

After hours swipe access for the fitness room for primary and extended family members is available from 5:00am to 7:00am and 7:00pm to 10:00pm.

Pilates

Pilates is a body weight exercise program designed to strengthen the core, improve balance and give you a long, lean body. Pilates offers a great workout for men and women!

Yoga with Shawn Rene

Vinyasa yoga style. Calming, relaxing, de-stressing, and elongates your muscles. Release muscle tension through various exercises and deep cleansing breaths. Increase your health, fitness and sports performance while calming your mind, aligning your body and uplifting your spirits!

Cycle

Bring the excitement of outdoor cycle indoors. Climb hills, blast through straightaways and power over mountains while torching calories. All levels are welcome.

Water Aerobics

This low resistance aerobic workout will offer a multitude of benefits to include increased muscle strength, posture, flexibility, endurance and overall fitness. The class will be held in shallow water, no swimming skills are needed.

Strength & Tone

Develop strength with the use of light weights along with toning movements to tighten your body. Some cardio and core work involved. All fitness levels welcomed.

Bay Fit

This workout will use body weight to improve muscle tone, core strength, cardiovascular conditioning and balance. Bring water and be prepared to challenge your body!

Aqua Barre

Elongate and tone your body with Aqua Barre! Non-impact class on your body or joints! Work on sculpting ballet and barre exercises with the extra bonus resistance benefit of the water! Perfect your posture, tone your tummy, lift your booty, sculpt your arms, strengthen your legs, and elongate your muscles from head to toe!

Body Sculpt

Invigorating total body sculpting workout! Targeting abs, arms, chest, shoulders, legs, and glutes. Body toning, conditioning and cardio intervals!

Beach Bod

Get revitalized, refreshed and energized! Beach Bod is a total body sculpting workout without impact on the joints through stretching, core strengthening and light weights.

Yoga with Brigitta

Hatha yoga style. Bring peace to your mind, body and spirit through asanas (yoga posture) and pranayama (breathing exercises). Focus will be on strength, balance, openness, stillness, awareness and breath. This class can be enjoyed by beginners and more advanced yogis.

Interval Fusion

Interval Fusion is a great way to start your weekend off right! A boot camp style class for those wanting a little more out of a morning workout. Bodyweight exercises to condition you from head to toe, utilizing some light weights in these functional exercises to really pump it up.

Zumba

Dance to great music and burn calories without even realizing it. Take the work out of workout with a mix of low and high-intensity moves in an interval-style, calorie-burning dance fitness party. For everybody and every body.