

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<div>1</div> <div>8am Tennis Club (SC)</div> <div>10am Wake Up Zumba (IOB)</div> <div>11am Gentle Flow Yoga (IOB)</div> <div>5pm Pickleball Club (SC)</div> <div>3pm Carrom Club (R)</div>	<div>2</div> <div>8am Step Fitness (IOB)</div> <div>9am Wake up Zumba (IOB)</div> <div>9am Community Garage Sale Registration Open Sign up on Townsq.io</div> <div>10am Yoga (IOB)</div> <div>11am Chair Yoga (IOB)</div> <div>12pm Tai Chi (IOB)</div> <div>1pm Environmental Committee Mtg (C)</div> <div>2pm Ping Pong Club (B)</div> <div>5pm Suspension Training &amp; Weights (IOB)</div> <div>6pm STRONG nation (IOB)</div> <div>4pm Election Committee (C)</div>	<div>3</div> <div>8am Mat Pilates (IOB)</div> <div>9am Wake up Zumba (IOB)</div> <div>10am Total Toning (IOB)</div> <div>11am Flexibility, Mobility &amp; Core (IOB)</div> <div>12pm Chair Yoga (IOB)</div> <div>5pm Pickleball Club (IOB)</div> <div>6pm Dominoes (R)</div> <div>6pm Communication Committee Mtg (C)</div>	<div>4</div> <div>8am Sculpt (IOB)</div> <div>9am Wake Up Zumba (IOB)</div> <div>10am Yoga (IOB)</div> <div>10am Spanish Conversation Club (C)</div> <div>11am Kickbox Cardio (IOB)</div> <div>12pm Chair Yoga (IOB)</div> <div>5pm Tennis Club (SC)</div> <div>6pm Men's Game Night (F)</div> <div>6:30pm Pilates (IOB)</div>	<div>5</div> <div>8am Wake Up Zumba (IOB)</div> <div>9am Hatha Yoga (IOB)</div> <div>10am Total Toning (IOB)</div> <div>10am ARC Committee Mtg (C)</div> <div>11am Core &amp; Balance (IOB)</div> <div>1pm Ladies Card Club (R)</div> <div>5pm Pickleball Club (SC)</div> <div>6pm Oriental Music Club (IOB)</div> <div>6pm Dominoes (R)</div>	<div>6</div> <div>8am Wake Up Zumba (IOB)</div> <div>9:05am Legs, Glutes &amp; Abs (IOB)</div> <div>10am Kickbox Cardio (IOB)</div> <div>11am Chair Fitness (IOB)</div> <div>12pm Tai Chi (IOB)</div> <div>6pm Live Music (F)</div>	<div>7</div> <div>8am Tennis Club (SC)</div> <div>9am Wake Up Zumba (IOB)</div> <div>10am Fit Kids (IOB) 6-8 yrs. Old</div> <div>11am Fit Kids (IOB) 9-12 yrs. Old</div> <div>12pm Kids Fitness Games (IOB) 8-12 yrs. Old</div> <div>1pm TRX Kettle Fusion Class (IOB)</div> <div>6pm Couples Paint Night (R)</div>
<div>8</div> <div>8am Tennis Club (SC)</div> <div>10am Wake Up Zumba (IOB)</div> <div>11am Gentle Flow Yoga (IOB)</div> <div>4pm The Big Game (F)</div> <div>5pm Pickleball Club (SC)</div> <div>3pm Carrom Club (R)</div>	<div>9</div> <div>8am Step Fitness (IOB)</div> <div>9am Wake up Zumba (IOB)</div> <div>10am Yoga (IOB)</div> <div>11am Chair Yoga (IOB)</div> <div>12pm Tai Chi (IOB)</div> <div>2pm Ping Pong Club (B)</div> <div>3pm Fining Committee MTG (C)</div> <div>5pm Suspension Training &amp; Weights (IOB)</div> <div>6pm STRONG nation (IOB)</div> <div>7pm Ladies Book Club (R)</div>	<div>10</div> <div>8am Mat Pilates (IOB)</div> <div>9am Wake Up Zumba (IOB)</div> <div>10am Total Toning (IOB)</div> <div>10am Lakes &amp; Ponds Committee Mtg (C)</div> <div>11am Flexibility, Mobility &amp; Core (IOB)</div> <div>12pm Chair Yoga (IOB)</div> <div>5pm Pickleball Club (SC)</div> <div>4pm Landscape Committee Mtg (C)</div> <div>6pm Dominoes (R)</div> <div>6pm Executive Committee (C)</div>	<div>11</div> <div>8am Sculpt (IOB)</div> <div>9am Wake Up Zumba (IOB)</div> <div>10am Yoga (IOB)</div> <div>10am Spanish Conversation Club (C)</div> <div>11am Kickbox Cardio (IOB)</div> <div>12pm Chair Yoga (IOB)</div> <div>5pm Tennis Club (SC)</div> <div>5pm Tennis Club (SC)</div> <div>6pm Fishing Club (FC)</div> <div>6pm Finance Committee (C)</div> <div>6:30pm Pilates (IOB)</div>	<div>12</div> <div>8am Wake Up Zumba (IOB)</div> <div>9am Hatha Yoga (IOB)</div> <div>10am Total Toning (IOB)</div> <div>11am Core &amp; Balance (IOB)</div> <div>1pm Ladies Card Club (R)</div> <div>5pm Pickleball Club (SC)</div> <div>6pm Oriental Music Club (IOB)</div> <div>6pm Dominoes (R)</div> <div>6pm Committee Chair Mtg (C)</div> <div>6pm Trivia (F)</div>	<div>13</div> <div>8am Wake Up Zumba (IOB)</div> <div>9:05am Legs, Glutes &amp; Abs (IOB)</div> <div>10am Kickbox Cardio (IOB)</div> <div>11am Chair Fitness (IOB)</div> <div>12pm Tai Chi (IOB)</div> <div>6pm Bingo Night (R)</div>	<div>14</div> <div>Happy Valentines Day!</div> <div>8am Tennis Club (SC)</div> <div>9am Wake Up Zumba (IOB)</div> <div>10am Fit Kids (IOB) 6-8 yrs. Old</div> <div>11am Fit Kids (IOB) 9-12 yrs. Old</div> <div>12pm Kids Fitness Games (IOB) 8-12 yrs. Old</div> <div>1pm TRX Kettle Fusion Class (IOB)</div> <div>2pm Isles of Bellalago will be closed</div> <div>4pm Mahjong &amp; Card Club (R)</div> <div>6pm Valentines Gala (IOB)</div>
<div>15</div> <div>8am Tennis Club (SC)</div> <div>10am Wake Up Zumba (IOB)</div> <div>11am Gentle Flow Yoga (IOB)</div> <div>5pm Pickleball Club (SC)</div> <div>3pm Carrom Club (R)</div> <div>4:30pm Cigar Club (F)</div>	<div>16</div> <div>8am Step Fitness (IOB)</div> <div>9am Wake up Zumba (IOB)</div> <div>10am Yoga (IOB)</div> <div>11am Chair Yoga (IOB)</div> <div>12pm Tai Chi (IOB)</div> <div>2pm Ping Pong Club (B)</div> <div>5pm Suspension Training &amp; Weights (IOB)</div> <div>6pm STRONG nation (IOB)</div>	<div>17</div> <div>8am Mat Pilates (IOB)</div> <div>9am Wake Up Zumba (IOB)</div> <div>10am Total Toning (IOB)</div> <div>11am Flexibility, Mobility &amp; Core (IOB)</div> <div>12pm Chair Yoga (IOB)</div> <div>5pm Pickleball Club (SC)</div> <div>6pm Dominoes (R)</div>	<div>18</div> <div>8am Sculpt (IOB)</div> <div>9am Wake Up Zumba (IOB)</div> <div>10am Yoga (IOB)</div> <div>10am Spanish Conversation Club (IOB)</div> <div>11am Kickbox Cardio (IOB)</div> <div>12pm Lunch &amp; Learn (R)</div> <div>12pm Chair Yoga (IOB)</div> <div>5pm Tennis Club (SC)</div> <div>6pm Music Bingo (F)</div> <div>6:30pm Pilates (IOB)</div>	<div>19</div> <div>8am Wake Up Zumba (IOB)</div> <div>9am Hatha Yoga (IOB)</div> <div>10am Total Toning (IOB)</div> <div>10am ARC Committee Mtg (C)</div> <div>11am Core &amp; Balance (IOB)</div> <div>1pm Ladies Card Club (R)</div> <div>5pm Pickleball Club (SC)</div> <div>6pm Oriental Music Club (IOB)</div> <div>6pm Dominoes (R)</div>	<div>20</div> <div>8am Wake Up Zumba (IOB)</div> <div>9:05am Legs, Glutes &amp; Abs (IOB)</div> <div>10am Kickbox Cardio (IOB)</div> <div>11am Chair Fitness (IOB)</div> <div>12pm Tai Chi (IOB)</div> <div>6pm Bunco Club (R)</div>	<div>21</div> <div>8am Tennis Club (SC)</div> <div>9am Wake Up Zumba (IOB)</div> <div>10am Fit Kids (IOB) 6-8 yrs. old</div> <div>11am Fit Kids (IOB) 9-12 yrs. old</div> <div>12pm Kids Fitness Games (IOB) 8-12 yrs. Old</div> <div>1pm TRX Kettle Fusion Class (IOB)</div>
<div>22</div> <div>8am Tennis Club (SC)</div> <div>10am Wake Up Zumba (IOB)</div> <div>10am Sunday Brunch (F)</div> <div>11am Gentle Flow Yoga (IOB)</div> <div>5pm Pickleball Club (SC)</div> <div>3pm Carrom Club (R)</div> <div>6pm Mahjong &amp; Cards (R)</div>	<div>23</div> <div>8am Step Fitness (IOB)</div> <div>9am Wake up Zumba (IOB)</div> <div>10am Yoga (IOB)</div> <div>11am Chair Yoga (IOB)</div> <div>12pm Tai Chi (IOB)</div> <div>2pm Ping Pong Club (B)</div> <div>5pm Suspension Training &amp; Weights (IOB)</div> <div>6pm STRONG nation (IOB)</div>	<div>24</div> <div>8am Mat Pilates (IOB)</div> <div>9am Wake Up Zumba (IOB)</div> <div>10am Total Toning (IOB)</div> <div>11am Flexibility, Mobility &amp; Core (IOB)</div> <div>12pm Chair Yoga (IOB)</div> <div>4:30pm Food Truck Tuesday (R)</div> <div>5pm Pickleball Club (SC)</div> <div>6pm Dominoes (MP)</div> <div>6:30pm HOA Board Meeting (R)</div>	<div>25</div> <div>8am Sculpt (IOB)</div> <div>9am Wake Up Zumba (IOB)</div> <div>10am Yoga (IOB)</div> <div>10am Spanish Conversation Club (IOB)</div> <div>11am Kickbox Cardio (IOB)</div> <div>12pm Chair Yoga (IOB)</div> <div>5pm Tennis Club (SC)</div> <div>6:30pm Pilates (IOB)</div>	<div>26</div> <div>8am Wake Up Zumba (IOB)</div> <div>9am Hatha Yoga (IOB)</div> <div>10am Total Toning (IOB)</div> <div>11am Core &amp; Balance (IOB)</div> <div>1pm Ladies Card Club (R)</div> <div>5pm Pickleball Club (SC)</div> <div>6pm Oriental Music Club (R)</div> <div>6pm Dominoes (MP)</div>	<div>27</div> <div>8am Wake Up Zumba (IOB)</div> <div>9:05am Legs, Glutes &amp; Abs (IOB)</div> <div>10am Kickbox Cardio (IOB)</div> <div>11am Chair Fitness (IOB)</div> <div>12pm Tai Chi (IOB)</div> <div>6pm Karaoke Night (F)</div>	<div>28</div> <div>8am Tennis Club (SC)</div> <div>7:30am Onspot Dermatology (RP)</div> <div>8am Bellalago Farmers Market (RP)</div> <div>8am One Blood Donation Truck (RP)</div> <div>9am DMK Metal Gold &amp; Silver Roadshow (R)</div> <div>9am Wake Up Zumba (IOB)</div> <div>10am Fit Kids (IOB) 6-8 yrs. Old</div> <div>11am Fit Kids (IOB) 9-12 yrs. old</div> <div>12pm Kids Fitness Games (IOB) 8-12 yrs. Old</div> <div>1pm TRX Kettle Fusion Class (IOB)</div> <div>6pm French Wine Pairing (R)</div>
<div>Bellalago Amenity Center</div> <div>1200 Lago Vista Court</div> <div>Isles of Bellalago Amenity</div> <div>4120 Bella Isle Circle</div>	<div>“Like” our Official</div> <div>Facebook Page <a href="https://www.facebook.com/bellalagoandisles">www.Facebook.com/bellalagoandisles</a></div>	<div>Need assistance signing up on Townsq?</div> <div>Email:</div> <div>Mariaeiling.rivera@castlegroup.com</div>	<div>Amenity Center Hours:</div> <div>Monday - Friday 6am - 9pm</div> <div>Saturday &amp; Sunday 8am - 9pm</div> <div>Tennis &amp; Basketball Courts open during Facility Hours (Mon-Sun)</div>		<div>Amenity Center Phone Numbers:</div> <div>Bellalago: (407) 933-3010</div> <div>Isles of Bellalago: (407) 343-9175</div>	



# Fitness Class Descriptions

## CHAIR FITNESS

Doing exercises while sitting in a chair or using it for support. It's great for older adults, people with limited mobility, beginners, or anyone who wants a gentle, low-impact workout.

## CHAIR YOGA

A class that offers benefits of yoga while seated in a chair. This class will focus on guided meditation and breathing.

## CORE & BALANCE

This class offers benefits of yoga while seated focusing on guided meditation.

## FIT KIDS

Join Instructor Nikki for a fun-filled Fit Kids class at 10am for ages 6-8, and 11am for ages 9-12. Parental supervision required

## FLEXIBILITY & MOBILITY

Flexibility & Mobility training helps your muscles stretch and your joints move smoothly, reducing stiffness and improving overall movement in daily life.

## GENTLE FLOW YOGA

A slow and relaxing yoga class where you move smoothly between easy poses while focusing on your breath. The movements are gentle, making it great for beginners or people who want a less intense workout.

## HATHA YOGA

This class is designed to help improve strength, flexibility, balance and bring peace to both the body and mind.

## TRX KETTLEBELL CLASS

A fitness session built around exercises performed with a kettlebell, a cast-iron weight with a handle. These classes focus on full-body strength, conditioning, and functional movement.

## KICKBOX CARDIO

This is a group fitness class that includes fast-paced cardio. This high energy workout challenges the beginner and elite athlete alike to build stamina, improve coordination and flexibility.

## KIDS FITNESS GAMES

Join Instructor Nikki for a fun-filled fitness class for ages 8+. Parental supervision required.

## MAT PILATES

A low-impact workout done on a mat that focuses on core strength, controlled movement, and mindful breathing. It improves posture, flexibility, and overall body tone using mostly your own body weight.

## LEGS, GLUTES & ABS TONING

This class focuses on using body weights to tone, sculpt and strengthen the core and lower body. Increase strength and muscular endurance with this fun strength building format!

## PILATES

Pilates concentrates on strengthening the body through posture, balance and flexibility with an emphasis on core strength.

## SCULPT

This class focuses on using body weight, free weights and more to tone, sculpt and strengthen the entire body. Increase strength and muscular endurance with this fun strength building format! Sneakers and water bottle are recommended.

## STEP FITNESS

Step Fitness class is a type of aerobic workout that involves stepping up and down on an elevated platform, commonly known as a step bench or step aerobics platform. This class typically combines cardio exercises with choreographed movements to music, and the focus is on improving cardiovascular fitness, strength, and endurance.

## STRONG NATION

This class is a High Intensity Interval Training (HIIT) class that moves to the music designed with short, intense bursts followed by a short recovery period to help burn maximum calories in a minimal amount of time. It incorporates body weight strength building moves, plyometrics and cardio for a complete workout that is synced to the music.

## TAI CHI

Tai Chi is an ancient Chinese art of healing, relaxation and self-defense. The practice has developed into a graceful exercise with soft smooth movements that is used today for stress reduction, energy enhancement, illness prevention, and strengthening the mind & body.

## SUSPENSION TRAINING & WEIGHTS

This class is form of suspension training that uses body weight exercises to develop strength, balance, flexibility and core stability simultaneously.

## TOTAL TONING

A full body workout that combines sculpting exercises and strength training, designed to tone and strengthen all areas of the body.

## YOGA

A class that has a gentle way to improve your posture, balance, and coordination, which includes meditation and relaxation.

## ZUMBA

This class incorporates Latin and international music and dance, while offering a balanced blend of cardio and muscle toning benefits.