

ISLES OF BELLALAGO<sup>SM</sup>

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(B) - Bellalago

(C) - Bellalago Conference Room

(IOB) - Isles of Bellalago

(D) - Boat Dock

(R) - Recreation Center

(RP) Recreation Parking Lot

(FC) - Fishing Club House

(F) - Flip Flops Bar & Grille

(MP) - Multipurpose Room Bella

(SC) - Sport Court

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
2026				1 <b>Happy New Year!</b> <b>Flip Flops Bar &amp; Grille,</b> <b>Bellalago, Isles of Bellalago, &amp;</b> <b>Recreation Center are</b> <b>CLOSED</b> <b><u>No Fitness Classes.</u></b>	2 <b>Amenity Centers will open at 9am</b> 8am Wake Up Zumba (IOB ) 9:05am Legs, Glutes & Abs (IOB ) 10am Kickbox Cardio (IOB ) 11am Chair Fitness (IOB) 12pm Tai Chi (IOB) <b>6pm Live Music (F)</b>	3 <b>8am Tennis Club (SC)</b> 9am Wake Up Zumba (IOB) 10am Fit Kids (IOB) 6-8 yrs. Old 11am Fit Kids (IOB) 9-12 yrs. Old 12pm Kids Fitness Games (IOB) 8-12 yrs. Old 1pm TRX Kettle Fusion Class (IOB)
4 <b>8am Tennis Club (SC)</b> 10am Wake Up Zumba (IOB) 11am Gentle Flow Yoga (IOB) <b>5pm Pickleball Club (SC)</b> <b>3pm Carrom Club (R)</b>	5 8am Step Fitness (IOB) 9am Wake Up Zumba (IOB) 10am Yoga( IOB) 11am Chair Yoga (IOB) 12pm Tai Chi (IOB) <b>1pm Environmental Committee Mtg (C)</b> <b>2pm Ping Pong Club (B)</b> 5pm Suspension Training & Weights (IOB) 6pm STRONG Nation (IOB) <b>6pm Election Committee (C)</b>	6 8am Mat Pilates (IOB) 9am Wake Up Zumba (IOB) 10am Total Toning (IOB) 11:15am Flexibility, Mobility & Core (IOB) 12:30pm Chair Yoga (IOB) 1pm Pilates (IOB) <b>5pm Pickleball Club (SC )</b> <b>6pm Dominoes (R)</b> <b>6pm Communication Committee Mtg (C)</b>	7 8am Sculpt (IOB) 9am Wake Up Zumba (IOB) 10am Yoga (IOB) <b>10am Spanish Conversation Club (C)</b> 11am Kickbox Cardio (IOB) 12pm Chair Yoga (IOB) <b>5pm Tennis Club (SC)</b> <b>6pm Executive Committee (C)</b> 6:30pm Pilates (IOB)	8 8am Wake Up Zumba ( IOB ) 9am Hatha Yoga ( IOB ) 10am Total Toning ( IOB ) 11am Core & Balance ( IOB ) <b>1pm Ladies Card Club ( R )</b> <b>5pm Pickleball Club ( SC )</b> <b>6pm Oriental Music Club ( IOB )</b> <b>6pm Dominoes (R)</b> <b>6pm Committee Chair Mtg (FC)</b> <b>6pm Trivia (F)</b>	9 8am Wake Up Zumba ( IOB ) 9:05am Legs, Glutes & Abs ( IOB ) 10am Kickbox Cardio ( IOB ) 11am Chair Fitness ( IOB ) 12pm Tai Chi ( IOB ) <b>6pm Bingo Night ( R )</b>	10 <b>8am Tennis Club ( SC )</b> 9am Wake Up Zumba ( IOB ) 10am Fit Kids ( IOB ) 6-8 yrs. Old 11am Fit Kids ( IOB ) 9-12 yrs. Old 12pm Kids Fitness Games ( IOB ) 8-12 yrs. Old <b>1pm Kids Painting Class ( R )</b> 1pm TRX Kettle Fusion Class (IOB) <b>4pm Mahjong &amp; Cards (R)</b>
11 <b>8am Tennis Club ( SC )</b> 10am Wake Up Zumba ( IOB ) 11am Gentle Flow Yoga ( IOB ) <b>5pm Pickleball Club ( SC )</b> <b>3pm Carrom Club ( R )</b>	12 8am Step Fitness ( IOB ) 9am Wake Up Zumba ( IOB ) 10am Yoga ( IOB ) 11am Chair Yoga ( IOB ) 12pm Tai Chi ( IOB ) <b>2pm Ping Pong Club ( B )</b> <b>3pm Fining Committee MTG ( C )</b> 5pm Suspension Training & Weights ( IOB ) 6pm STRONG Nation ( IOB ) <b>7pm Ladies Book Club (R)</b>	13 8am Mat Pilates (IOB) 9am Wake Up Zumba (IOB) 10am Total Toning (IOB) <b>10am Lakes &amp; Ponds Committee Mtg (C)</b> 11am Flexibility, Mobility & Core (IOB) 12:30pm Chair Yoga (IOB) 1pm Pilates (IOB) <b>5pm Pickleball Club (SC)</b> <b>6pm Landscape Committee Mtg (C)</b> <b>6pm Dominoes (R)</b>	14 8am Sculpt (IOB) 9am Wake Up Zumba (IOB) 10am Yoga (IOB) <b>10am Spanish Conversation Club (C)</b> 11am Kickbox Cardio (IOB) 12pm Chair Yoga (IOB) <b>5pm Tennis Club (SC)</b> <b>6pm Fishing Club (FC)</b> <b>6pm Finance Committee MTG (C)</b> 6:30pm Pilates (IOB)	15 8am Wake Up Zumba ( IOB ) 9am Hatha Yoga ( IOB ) 10am Total Toning ( IOB ) <b>10am ARC Committee Mtg (C)</b> 11am Core & Balance ( IOB ) <b>1pm Ladies Card Club ( R )</b> <b>5pm Pickleball Club ( SC )</b> <b>6pm Oriental Music Club ( IOB )</b> <b>6pm Dominoes (R)</b>	16 8am Wake Up Zumba (IOB) 9:05am Legs, Glutes & Abs (IOB) 10am Kickbox Cardio (IOB) 11am Chair Fitness ( IOB ) 12pm Tai Chi ( IOB ) <b>6pm Bunco Club (R)</b>	17 <b>8am Tennis Club (SC)</b> 10am Fit Kids ( IOB ) 6-8 yrs. old 11am Fit Kids ( IOB ) 9-12 yrs. old 12pm Kids Fitness Games ( IOB ) 8-12 yrs. Old 1pm TRX Kettle Fusion Class (IOB)
18 <b>8am Tennis Club (SC)</b> 10am Wake Up Zumba (IOB) 11am Gentle Flow Yoga (IOB) <b>5pm Pickleball Club (SC)</b> <b>3pm Carrom Club (R)</b> <b>4:30pm Cigar Club (F)</b>	19 8am Step Fitness (IOB) 9am Wake Up Zumba (IOB) 10am Yoga (IOB) 11am Chair Yoga (IOB) <b>2pm Ping Pong Club ( B )</b> 5pm Suspension Training & Weights (IOB) 6pm STRONG Nation (IOB) <b>6pm Election Committee (C)</b>	20 8am Mat Pilates (IOB) 9am Wake Up Zumba (IOB) 10am Total Toning (IOB) 11am Flexibility, Mobility & Core (IOB) 12:30pm Chair Yoga (IOB) 1pm Pilates (IOB) <b>5pm Pickleball Club (SC)</b> <b>6pm Dominoes (R)</b>	21 8am Sculpt (IOB) 9am Wake Up Zumba (IOB) 10am Yoga (IOB) <b>10am Spanish Conversation Club (C)</b> 11am Kickbox Cardio (IOB) <b>12pm Lunch &amp; Learn ( R )</b> 12pm Chair Yoga (IOB) <b>5pm Tennis Club (SC)</b> <b>6pm Music Bingo (F)</b>	22 8am Wake Up Zumba (IOB) 9am Hatha Yoga (IOB) 10am Total Toning (IOB) 11am Core & Balance (IOB) <b>1pm Ladies Card Club (R)</b> <b>5pm Pickleball Club (SC)</b> <b>6pm Oriental Music Club (IOB)</b> <b>6pm Dominoes (R)</b>	23 8am Wake Up Zumba (IOB) 9:05am Legs, Glutes & Abs (IOB) 10am Kickbox Cardio (IOB) 11am Chair Fitness ( IOB ) 12pm Tai Chi (IOB) <b>6pm Karaoke Night (F)</b>	24 <b>8am Tennis Club (SC)</b> 10am Fit Kids (IOB) 6-8 yrs. old 11am Fit Kids (IOB) 9-12 yrs. old 12pm Kids Fitness Games (IOB) 8-12 yrs. Old 1pm TRX Kettle Fusion Class (IOB) <b>6pm Caribbean Night (R)</b>
25 <b>8am Tennis Club (SC)</b> 10am Wake Up Zumba (IOB) <b>10am Sunday Brunch (F)</b> 11am Gentle Flow Yoga (IOB) <b>5pm Pickleball Club (SC)</b> <b>3pm Carrom Club ( R )</b> <b>6pm Mahjong &amp; Cards (R)</b>	26 8am Step Fitness (IOB ) 9am Wake Up Zumba (IOB) 10am Yoga (IOB) 11am Chair Yoga (IOB) 12pm Tai Chi (IOB) <b>2pm Ping Pong Club (B)</b> 5pm Suspension Training & Weights (IOB) 6pm STRONG Nation (IOB)	27 8am Mat Pilates (IOB) 9am Wake up Zumba (IOB) 10am Total Toning (IOB) 11am Flexibility, Mobility & Core (IOB) 12:30pm Chair Yoga (IOB) 1pm Pilates (IOB) <b>4:30pm Food Truck Tuesday (R)</b> <b>5pm Pickleball Club (SC)</b> <b>6pm Dominoes (R)</b>	28 8am Sculpt (IOB) 9am Wake Up Zumba (IOB) <b>10am Spanish Conversation Club (c )</b> 11am Kickbox Cardio (IOB) 12pm Chair Yoga (IOB) <b>5pm Tennis Club (SC)</b> 6:30pm Pilates (IOB)	29 8am Wake Up Zumba (IOB) 9am Hatha Yoga (IOB) 10am Total Toning ( IOB ) 11am Core & Balance (IOB) <b>1pm Ladies Card Club (R)</b> <b>5pm Pickleball Club (SC)</b> <b>6pm Oriental Music Club (R)</b> <b>6pm Dominoes ( MP)</b>	30 8am Wake Up Zumba (IOB) 9:05am Legs, Glutes & Abs (IOB) 10am Kickbox Cardio (IOB) 11am Chair Fitness ( IOB ) 12pm Tai Chi (IOB)	31 <b>8am Tennis Club (SC)</b> <b>8am Bellalago Farmer's Market (RP)</b> 10am Fit Kids (IOB) 6-8 yrs. old 11am Fit Kids (IOB) 9-12 yrs. old 12pm Kids Fitness Games (IOB) 8-12 yrs. Old 1pm TRX Kettle Fusion Class (IOB) <b>5pm Magic &amp; Mentalism Show (F)</b>
<b>Bellalago Amenity Center</b> 1200 Lago Vista Court <b>Isles of Bellalago Amenity</b> 4120 Bella Isle Circle		<b>“Like” our Official Facebook Page</b> <b>www.Facebook.com/bellalagoandisles</b>		<b>Amenity Center Hours:</b> Monday - Friday 6am - 9pm Saturday & Sunday 8am - 9pm Tennis & Basketball Courts open during Facility Hours (Mon-Sun)		<b>Amenity Center Phone Numbers:</b> Bellalago: (407) 933-3010 Isles of Bellalago: (407) 343-9175 <b>Recreation Center Phone Number: (407) 846-4358</b>
		<b>Need assistance signing up on Townsq? Email</b> <b>Mariaeiling.rivera@castlegroup.com</b>				

January 2026



# 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

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

## CORE & BALANCE

This class offers training builds a strong midsection and improves your stability, helping you move with better control and posture.

## FIT KIDS

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

## FLEXIBILT & 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.

## 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 beginner and elite athletes alike to build stamina, improve coordination and flexibility.

## KIDS FITNESS GAMES

Join Instructor Nikki for a fun-filled class for ages 8-12. 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 uses body weight to tone, sculpt and strengthen the core and the lower body . Increase muscular endurance in a fun strength building format!

## PILATES

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

## SCULPT

Sculpt, also known as weight or resistance training, uses weights or resistance bands and your own body weight to stretch the muscles. The class involves performing a series of repetitive exercises using your body weight, resistance bands, barbells and dumbbells.

## 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

STRONG Nation is a High Intensity Interval Training (HIIT) class that moves to the music designed with short, intense bursts of work followed by a short recovery period to help burn maximum calories in a minimal amount of time. STRONG Nation classes incorporate 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 and 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 gentle way to improve your posture, balance, and coordination, which includes mediation and relaxation. Yoga mat required.

## ZUMBA

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