

# BELLALAGO ISLES OF BELLALAGO

- (B) - Bellalago
- (C) - Bellalago Conference Room
- (IOB) - Isles of Bellalago
- (BD) - Boat Dock
- (R) - Recreation Center
- (RP) Recreation Parking Lot
- (FC) - Fishing Club House
- (F) - Flip Flops Bar & Grille
- (MP) - Multipurpose Room Bella
- (SC) - Sport Courts

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			<p>1</p> <p>8:10am Sculpt (IOB) 9am Wake Up Zumba (IOB) 10am Yoga (IOB) 10am Spanish Conversation Club (MP) 11:15am Aqua Fitness (B) 12pm Chair Yoga (IOB) 5pm Tennis Club (SC) 5:30pm Chess Club (R) 6pm Men's Game Night (F) 6:30pm Pilates (IOB)</p>	<p>2</p> <p>8am Wake Up Zumba (IOB) 9am Hatha Yoga (IOB) 10am Total Toning (IOB) 10am ARC Committee Mtg (C) 11:15am Aqua Fit (B) 12pm Ladies Card Club (R) 5pm Pickleball Club (SC) 6pm Dominoes (R) 6:30pm Strength Training (IOB)</p>	<p>3</p> <p>8am Wake Up Zumba (IOB) 9:05am Legs, Glutes, &amp; Abs (IOB) 10am Kickbox Cardio (IOB) 11:15am Aqua Fit (B) 12pm Tai Chi (IOB) 6pm Live Music (F)</p>	<p>4</p> <p>8am Tennis Club (SC) No Fitness Classes! 11am—2pm Family Foam Party (IOB) 6pm—9pm Adults Only Foam Party (IOB)</p> <p><b>HAPPY 250th Anniversary</b> <b>United States of America!</b></p>
<p>5</p> <p>8am Tennis Club (SC) 8am Swimming Lessons (IOB) 10am Wake Up Zumba (IOB) 11am Gentle Flow Yoga (IOB) 3pm Carrom Club (R) 5pm Pickleball Club (SC) 6pm Oriental Music Club (R)</p>	<p>6</p> <p>8:10am Step Fitness (IOB) 9am Wake Up Zumba (IOB) 10am Aqua Zumba (IOB) 10am Yoga (IOB) 11am Chair Yoga (IOB) 12pm Tai Chi (IOB) 1pm Environmental Committee Mtg (C) 2pm Ping Pong Club (MP) 5pm Suspension Training &amp; Weights (IOB) 6pm Strong Nation (IOB)</p>	<p>7</p> <p>9am Wake Up Zumba (IOB) 10am Total Toning (IOB) 10am Spanish Conversation Club (MP) 10am Lakes &amp; Ponds Committee (C) 11:15am Aqua Fit (B) 12pm Chair Yoga (IOB) 4pm Landscape Committee Mtg (C) 5pm Pickleball Club (SC) 6pm Dominoes (R) 6:30pm Executive/Election/Communication Committee Mtg (C)</p>	<p>8</p> <p>8:10am Sculpt (IOB) 9am Wake Up Zumba (IOB) 10am Yoga (IOB) 10am Spanish Conversation Club (MP) 11:15am Aqua Fitness (B) 12pm Chair Yoga (IOB) 5pm Tennis Club (SC) 5:30pm Chess Club (R) 6pm Fishing Club (FC) 6pm Finance Committee (C) 6:30pm Pilates (IOB)</p>	<p>9</p> <p>8am Wake Up Zumba (IOB) 9am Hatha Yoga (IOB) 10am Total Toning (IOB) 11:15am Aqua Fit (B) 1pm Ladies Card Club (R) 5pm Pickleball Club (SC) 6pm Dominoes (R) 6pm Trivia (F) 6:30pm Strength Training (IOB)</p>	<p>10</p> <p>8am Wake Up Zumba (IOB) 9:05am Legs, Glutes, &amp; Abs (IOB) 10am Kickbox Cardio (IOB) 11:15am Aqua Fit (B) 12pm Tai Chi (IOB) 6pm Bingo Night (R) 6:30pm Salsa Wellness Class (IOB)</p>	<p>11</p> <p>8am Tennis Club (SC) 8am Swimming Lessons (IOB) 9am Wake Up Zumba (IOB) 10am Fit Kids (IOB) 6-8 yrs. Old 11am Fit Kids (IOB) 9-12yrs.Old 12pm Kids Fitness Games (IOB) 8-12yrs.Old 1pm TRX Kettle Fusion Class (IOB) 1pm Kids Patriotic Paint Day (R) 4pm Mahjong &amp; Cards (R)</p>
<p>12</p> <p>8am Tennis Club (SC) 8am Swimming Lessons (IOB) 10am Wake Up Zumba (IOB) 11am Gentle Flow Yoga (IOB) 3pm Carrom Club (R) 5pm Pickleball Club (SC) 6pm Oriental Music Club (R)</p>	<p>13</p> <p>8:10am Step Fitness (IOB) 9am Wake Up Zumba (IOB) 10am Aqua Zumba (IOB) 10am Yoga (IOB) 11am Chair Yoga (IOB) 12pm Tai Chi (IOB) 2pm Ping Pong Club (MP) 3pm Fining Committee (C) 5pm Suspension Training &amp; Weights (IOB) 6pm Strong Nation (IOB) 7pm Ladies Book Club (R)</p>	<p>14</p> <p>9am Wake Up Zumba (IOB) 10am Total Toning (IOB) 10am Spanish Conversation Club (MP) 11:15am Aqua Fit (B) 12pm Chair Yoga (IOB) 5pm Pickleball Club (SC) 6pm Dominoes (R) 6pm Committee Chair Mtg (FC)</p>	<p>15</p> <p>8:10am Sculpt (IOB) 9am Wake Up Zumba (IOB) 10am Yoga (IOB) 10am Spanish Conversation Club (MP) 11:15am Aqua Fitness (B) 12pm Chair Yoga (IOB) 12pm Lunch &amp; Learn (R) 5pm Tennis Club (SC) 5:30pm Chess Club (R) 6pm Music Bingo (F) 6:30pm Pilates (IOB)</p>	<p>16</p> <p>8am Wake Up Zumba (IOB) 9am Hatha Yoga (IOB) 10am Total Toning (IOB) 10am ARC Committee Mtg (C) 11:15am Aqua Fit (B) 1pm Ladies Card Club (R) 5pm Pickleball Club (SC) 6pm Dominoes (R) 6:30pm Strength Training (IOB)</p>	<p>17</p> <p>8am Wake Up Zumba (IOB) 9:05am Legs, Glutes, &amp; Abs (IOB) 10am Kickbox Cardio (IOB) 11:15am Aqua Fit (B) 12pm Tai Chi (IOB) 6pm Bunco (R)</p>	<p>18</p> <p>8am Tennis Club (SC) 8am Swimming Lessons (IOB) 9am Wake Up Zumba (IOB) 10am Fit Kids (IOB) 6-8 yrs. Old 11am Fit Kids (IOB) 9-12yrs.Old 12pm Kids Fitness Games (IOB) 8-12yrs.Old 1pm TRX Kettle Fusion Class (IOB) 6pm Ladies Night (R)</p>
<p>19</p> <p>8am Tennis Club (SC) 8am Swimming Lessons (IOB) 10am Wake Up Zumba (IOB) 11am Gentle Flow Yoga (IOB) 3pm Carrom Club (R) 4:30pm Cigar Club (F) 5pm Pickleball Club (SC) 6pm Mahjong &amp; Cards (R)</p>	<p>20</p> <p>8:10am Step Fitness (IOB) 9am Wake Up Zumba (IOB) 10am Aqua Zumba (IOB) 10am Yoga (IOB) 11am Chair Yoga (IOB) 12pm Tai Chi (IOB) 2pm Ping Pong Club (MP) 5pm Suspension Training &amp; Weights (IOB) 6pm Strong Nation (IOB)</p>	<p>21</p> <p>9am Wake Up Zumba (IOB) 10am Total Toning (IOB) 10am Spanish Conversation Club (MP) 11:15am Aqua Fit (B) 12pm Chair Yoga (IOB) 5pm Pickleball Club (SC) 6pm Dominoes (R)</p>	<p>22</p> <p>8:10am Sculpt (IOB) 9am Wake Up Zumba (IOB) 10am Yoga (IOB) 10am Spanish Conversation Club (MP) 11:15am Aqua Fitness (B) 12pm Chair Yoga (IOB) 5pm Tennis Club (SC) 5:30pm Chess Club (R) 6:30pm Pilates (IOB)</p>	<p>23</p> <p>8am Wake Up Zumba (IOB) 9am Hatha Yoga (IOB) 10am Total Toning (IOB) 11:15am Aqua Fit (B) 1pm Ladies Card Club (R) 5pm Pickleball Club (SC) 6pm Dominoes (R) 6:30pm Strength Training (IOB)</p>	<p>24</p> <p>8am Wake Up Zumba (IOB) 9:05am Legs, Glutes, &amp; Abs (IOB) 10am Kickbox Cardio (IOB) 11:15am Aqua Fit (B) 12pm Tai Chi (IOB) 6pm Karaoke (F)</p>	<p>25</p> <p>8am Tennis Club (SC) 8am Swimming Lessons (IOB) 8am-12pm Farmers Market (RP) 9am Wake Up Zumba (IOB) 10am Fit Kids (IOB) 6-8 yrs. Old 11am Fit Kids (IOB) 9-12yrs.Old 12pm Kids Fitness Games (IOB) 8-12yrs.Old 1pm TRX Kettle Fusion Class (IOB)</p>
<p>26</p> <p>8am Tennis Club (SC) 8am Swimming Lessons (IOB) 10am Wake Up Zumba (IOB) 11am Gentle Flow Yoga (IOB) 3pm Carrom Club (R) 5pm Pickleball Club (SC) 6pm Oriental Music Club (R)</p>	<p>27</p> <p>8:10am Step Fitness (IOB) 9am Wake Up Zumba (IOB) 10am Aqua Zumba (IOB) 10am Yoga (IOB) 11am Chair Yoga (IOB) 12pm Tai Chi (IOB) 2pm Ping Pong Club (MP) 5pm Suspension Training &amp; Weights (IOB) 6pm Strong Nation (IOB)</p>	<p>28</p> <p>9am Wake Up Zumba (IOB) 10am Total Toning (IOB) 10am Spanish Conversation Club (MP) 11:15am Aqua Fit (B) 12pm Chair Yoga (IOB) 4:30pm Food Truck Tuesday (R) 5pm Pickleball Club (SC) 6pm Dominoes (MP) 6:30pm HOA Board Meeting (R)</p>	<p>29</p> <p>8:10am Sculpt (IOB) 9am Wake Up Zumba (IOB) 10am Yoga (IOB) 10am Spanish Conversation Club (MP) 11:15am Aqua Fitness (B) 12pm Chair Yoga (IOB) 5pm Tennis Club (SC) 5:30pm Chess Club (R) 6:30pm Pilates (IOB)</p>	<p>30</p> <p>8am Wake Up Zumba (IOB) 9am Hatha Yoga (IOB) 10am Total Toning (IOB) 11:15am Aqua Fit (B) 1pm Ladies Card Club (R) 5pm Pickleball Club (SC) 6pm Dominoes (R) 6:30pm Strength Training (IOB)</p>	<p>31</p> <p>8am Wake Up Zumba (IOB) 9:05am Legs, Glutes, &amp; Abs (IOB) 10am Kickbox Cardio (IOB) 11:15am Aqua Fit (B) 12pm Tai Chi (IOB)</p>	
<p>Bellalago Amenities Center: 1200 Lago Vista Ct. Isles of Bellalago Amenity: 4120 Bella Isles Cir</p>	<p>“Like” our Official Facebook Page <a href="http://www.facebook.com/bellalagoandisles">www.facebook.com/bellalagoandisles</a></p>	<p>Need assistance signing up on Townsq? Email: <a href="mailto:Alex.raghunath@castlegroup.com">Alex.raghunath@castlegroup.com</a></p>	<p>Amenity Center Hours: Monday - Friday: 6am - 9pm Saturday - Sunday: 8am - 9pm Saturday &amp; Sunday: 8am - 9pm Tennis &amp; Basketball Courts open during Facility Hours (Mon-Sun)</p>	<p>Amenity Center Phone Numbers: Bellalago: (407) 933-3010 Isles of Bellalago: (407) 343-9175 Recreation Center Phone Number: (407) 846-4358</p>		

# JULY 2026



# Fitness Class Descriptions

## **AQUA FITNESS**

A low impact cardio and strength workout for all fitness levels in the comfort of the pool.

## **AQUA ZUMBA**

Aqua Zumba brings new meaning to the idea of an invigorating workout. It combines Zumba rhythm and dance steps with a pool party. It offers a fun but challenging, water-based, body-toning workout.

## **CHAIR YOGA**

Chair Yoga is a gentle, low-impact class that focuses on stretching, flexibility, balance, and relaxation while using a chair for support.

## **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.

## **GENTLE FLOW YOGA**

This class incorporates simple flowing sequences to warm up the body, as well as slower paced movements focusing on alignment.

## **HATHA YOGA**

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

## **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.

## **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**

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

## **STEP FITNESS**

Step Fitness classes are high-energy group workouts that use an elevated step platform to combine cardio, coordination, and strength training.

## **STRENGTH TRAINING**

Strength Training is a full-body workout focused on building muscle strength, endurance, and overall stability. The class targets major muscle groups including arms, legs, core, back, and shoulders through controlled movements.

## **SUSPENSION TRAINING & WEIGHTS**

Suspension Training & Weights is a full-body workout that combines suspension straps with free weights to build strength, stability, 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.

## **TOTAL TONING**

Total Toning is a full-body strength and conditioning class designed to improve muscle tone, endurance, and overall fitness.

## **TRX KETTLE FUSION CLASS**

A TRX Kettlebell Fusion class is a high-intensity, interval-based workout that combines suspension training (TRX) with kettlebell exercises to build strength, cardio, endurance, and power.

## **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.