

<div><div>ISLES OF BELLALAGO<sup>SM</sup></div><div>BEACH</div><div>(B) - Bellalago</div><div>(C) - Bellalago Conference Room</div><div>(IOB) - Isles of Bellalago</div><div>(D) - Boat Dock</div><div>(R) - Recreation Center</div><div>(RP) Recreation Parking Lot</div><div>(FC) - Fishing Club House</div><div>(F) - Flip Flaps Bar &amp; Grille</div><div>(MP) - Multipurpose Room Bella</div><div>(SC) - Sport Court</div></div>	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 8am Tennis Club (SC) 8am-12pm Swimming Lessons (B) 10am Wake Up Zumba (IOB) 11am Gentle Flow Yoga (IOB) 2pm Pickleball Club (SC) 3pm Carrom Club (R)	2 8am 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 (B) 5pm Suspension Training & Weight( IOB) 6pm STRONG Nation (IOB)	3 9am Wake Up Zumba (IOB) 10am Summer Art Series (R) 10am Total Toning (IOB) 11:15am Aqua Fit (B) 12:30pm Chair Yoga (IOB) 5pm Pickleball Club (SC) 6pm Dominoes Club (R) 7pm Communication Committee Mtg (C)	4 8am Sculpt (IOB) 9am Wake Up Zumba (IOB) 10am Yoga (IOB) 10am Spanish Conversation Club (MP) 11:15am Aqua Zumba (B) 12pm Chair Yoga (IOB) 6pm Men's Game Night (F) 6pm Executive Committee (c)	5 8am Wake Up Zumba (IOB) 9am Hatha Yoga (IOB) 10am Summer Art Series (R) 10am Total Toning (IOB) 10am ARC Committee Mtg (C) 11:15am Aqua Fit (B) 1pm Ladies Card Club (R) 5pm Pickleball Club (SC) 6pm Oriental Music Club (IOB)	6 8am Wake Up Zumba (IOB) 9:05am Legs, Glutes & Abs (IOB) 10am Kickbox Cardio (IOB) 11:15am Aqua Fit (B) 12pm Tai Chi (IOB) 2pm Mahjong & Cards (R) 6pm Live Music (F)	7 8am Tennis Club (SC) 8am-12pm Swimming Lessons (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 Teen Fit (IOB) 13-17 yrs. Old 6pm Summer Painting for Adults (R)
	8 8am Tennis Club (SC) 8am-12pm Swimming Lessons (B) 10am Wake Up Zumba (IOB) 11am Gentle Flow Yoga (IOB) 2pm Pickleball Club (SC) 3pm Carrom Club (R)	9 8am Step Fitness (IOB) 8:45am Tennis Kids Camp (SC) 9am Wake Up Zumba (IOB) 10am Aqua Zumba (IOB) 10am Yoga (IOB) 11am Chair Yoga (IOB) 12pm Tai Chi (IOB) 2pm Ping Pong Club (B) 3pm Fining Committee MTG (C) 5pm Suspension Training & Weights (IOB) 6pm STRONG Nation (IOB) 7pm Book Club (R)	10 8:45am Tennis Kids Camp (SC) 9am Wake Up Zumba (IOB) 10am Summer Art Series (R) 10am Lakes & Ponds Committee Mtg (C) 10am Total Toning (IOB) 11:15am Aqua Fit (B) 12:30pm Chair Yoga (IOB) 5pm Pickleball Club (SC) 6pm Dominoes Club (R) 6pm Landscape Committee Mtg (C)	11 8am Sculpt (IOB) 8:45am Tennis Kids Camp (SC) 9am Wake Up Zumba (IOB) 10am Yoga (IOB) 10am Spanish Conversation Club (MP) 11:15am Aqua Zumba (B) 12pm Chair Yoga (IOB) 6pm Finance Committee Mtg (C) 6:30PM Pilates (IOB) 7pm Fishing Club (FC)	12 8am Wake Up Zumba (IOB) 8:45am Tennis Kids Camp (SC) 9am Hatha Yoga (IOB) 10am Summer Art Series (R) 10am Total Toning (IOB) 11:15am Aqua Fit (B) 1pm Ladies Card Club (R) 5pm Pickleball Club (SC) 6pm Oriental Music Club (IOB) 6:00pm Committee Chair (FC) 6pm Trivia (F)	13 8am Wake Up Zumba (IOB) 9:05am Legs, Glutes & Abs (IOB) 10am Kickbox Cardio (IOB) 11:15am Aqua Fit (B) 12pm Tai Chi (IOB) 2pm Mahjong & Cards (R) 6pm Bingo Night (R)	14 8am Tennis Club (SC) 8am-12pm Swimming Lessons (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 Teen Fit (IOB) 13-17 yrs. Old 6pm Father & Me Dance ( R)
	15 8am Tennis Club (SC) 8am-12pm Swimming Lessons (B) 10am Wake Up Zumba (IOB) 11am Gentle Flow Yoga (IOB) 2pm Pickleball Club (SC) 3pm Carrom Club ( R) 4:30pm Cigar Club (F)	16 8am Step Fitness (IOB) 8:45am Tennis Kids Camp (SC) 9am Wake Up Zumba (IOB) 10am Aqua Zumba (IOB) 10am Yoga (IOB) 11am Chair Yoga (IOB) 12pm Tai Chi (IOB) 2pm Ping Pong Club (B) 5pm Suspension Training & Weights (IOB) 6pm STRONG Nation (IOB)	17 8:45am Tennis Kids Camp (SC) 9am Wake up Zumba (IOB) 10am Total Toning (IOB) 10am Summer Art Series (R) 11:15am Aqua Fit (B) 12:30pm Chair Yoga (IOB) 5pm Pickleball Club (SC) 6:30pm HOA Board Meeting (R) 6pm Dominoes Club (MP)	18 8am Sculpt (IOB) 8:45am Tennis Kids Camp (SC) 9am Wake Up Zumba (IOB) 10am Yoga (IOB) 10am Spanish Conversation Club (MP) 11:15am Aqua Zumba (B) 12pm Chair Yoga (IOB) 12pm Lunch & Learn (R) 6pm Music Bingo (F) 6:30pm Pilates (IOB)	19 8am Wake Up Zumba (IOB) 8:45am Tennis Kids Camp (SC) 9am Hatha Yoga (IOB) 10am Total Toning (IOB) 10am ARC Committee Mtg (C) 10am Summer Art Series (R) 11:15am Aqua Fit (B) 1pm Ladies Card Club (R) 5pm Pickleball Club (SC) 6pm Oriental Music Club (IOB)	20 8am Wake Up Zumba (IOB) 9:05am Legs, Glutes & Abs (IOB) 10am Kickbox Cardio (IOB) 11:15am Aqua Fit (B) 12pm Tai Chi (IOB) 2pm Mahjong & Cards (R) 6pm Bunco Club (R)	21 8am Tennis Club (SC) 8am-12pm Swimming Lessons (B) 9am Wake up Zumba (IOB) 10 am 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 Teen Fit (IOB) 13-17 YRS. Old 1pm-6pm Blood Drive ( R)
	22 8am Tennis Club (SC) 8am-12pm Swimming Lessons (B) 10am Wake Up Zumba (IOB) 11am Gentle Flow Yoga (IOB) 2pm Pickleball Club (SC) 3pm Carrom Club (R)	23 8am 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 (B) 5pm Suspension Training & Weights (IOB) 6pm STRONG Nation (IOB)	24 9am Wake up Zumba (IOB) 10am Total Toning (IOB) 10am Summer Art Series (R) 11:15am Aqua Fit (B) 12:30pm Chair Yoga (IOB) 4:30PM Food Truck Tuesday (R) 5pm Pickleball Club (SC) 6pm Dominoes Club(R)	25 8am Sculpt (IOB) 9am Wake Up Zumba (IOB) 10am Yoga (IOB) 10am Spanish Conversation Club (MP) 11:15am Aqua Zumba (B) 12pm Chair Yoga (IOB) 12pm Lunch & Learn (R) 6:30pm Pilates (IOB)	26 8am Wake Up Zumba (IOB) 9am Hatha Yoga (IOB) 10am Summer Art Series (R) 10am Total Toning (IOB) 11:15am Aqua Fit (B) 1pm Ladies Card Club (R) 5pm Pickleball Club (SC) 6pm Oriental Music Club (R) 6:30pm Safety & Security Committee (C)	27 8am Wake Up Zumba (IOB) 9:05am Legs, Glutes & Abs (IOB) 10am Kickbox Cardio (IOB) 11:15am Aqua Fit (B) 12pm Tai Chi (IOB) 2pm Mahjong & Cards (R) 6pm Karaoke Night (F)	28 8am Tennis Club (SC) 8am-12pm Swimming Lessons (B) 9am Dominoes Club Tournament (R) 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 Teen Fit (IOB) 13-17 yrs. Old 3pm Summer Cooking Demo (F)
	29 8am Tennis Club (SC) 8am-12pm Swimming Lessons (B) 10am Wake Up Zumba (IOB) 11am Gentle Flow Yoga (IOB) 2pm Pickleball Club (SC)	30 8am 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 (B) 5pm Suspension Training & Weights (IOB) 6pm STRONG Nation (IOB)					
	Bellalago Amenity Center 1200 Lago Vista Court Isles of Bellalago Amenity 4120 Bella Isle Circle	Amenity Center Hours: Monday - Friday 6am - 9pm Saturday & Sunday 8am - 9pm Tennis & Basketball Courts open during Facility Hours (Mon-Sun)	“Like” our Official Facebook Page www.Facebook.com/ bellalagoandisles	Need assistance signing up on Townsq? Email Mariaeiling.rivera@castlegroup.com		Amenity Center Phone Numbers: Bellalago: (407) 933-3010 Isles of Bellalago: (407) 343-9175 Recreation Center Phone Number: (407) 846-4358	

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 Flaps Bar & Grille

(MP) - Multipurpose Room Bella

(SC) - Sport Court

JUNE 2025

CASTLE GROUP

Proudly Managed by Castle Group

# 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.

## BOOTCAMP

This class works your entire body with cardio, lower body, upper body, and core exercises.

## CHAIR YOGA

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

## CORE STRENGTH

A focused class designed to build core muscle groups while improving posture though performing a variety of exercises that strengthen the abdomen and back muscles.

## 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.

## LINE DANCING

This fun dance class will get you moving and increase your steps with a variety of Line Dances to fun and upbeat music! Line Dance class is a great aerobic workout that is fun for everyone and uses repetition to help you learn the moves as you go.

## 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 CIRCUIT

This class incorporates the use of a step for a full body cardio and strength workout in a 45-minute session. Improve your aerobic endurance, strengthen and tone with easy-to-follow step moves, the use of hand weights and more.

## 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.

## TEEN FIT

Join Instructor Nikki for a fun-filled Teen Fitness class for ages 13-17. Parental supervision or consent required with ID.

## TOTAL TONING

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

## TRX & WEIGHTS

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

## YOGA

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

## ZUMBA

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

## ZUMBA TONING

A class that utilizes muscle toning and sculpting exercises and combines them with the dance-fitness movements and rhythms from Zumba Basics.