

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>1</p> <p>8am Tennis Club (SC) 10am Zumba (IOB) 11am Gentle Yoga Flow (IOB) 2pm Pickleball Club (SC) 3pm Carrom Club (R)</p>	<p>2</p> <p>8am Step Fitness (IOB) 9am 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) 4pm Election Committee (C) 5pm Community Garage Sale Registration Ends 5pm Suspension Training &amp; Weights (IOB) 6pm Strong Nation (IOB)</p>	<p>3</p> <p>9am Zumba (IOB) 10am Total Toning (IOB) 10am Spanish Conversation Club (C) 11:15am Aqua Fit (B) 12pm Chair Yoga (IOB) 5pm Pickleball Club (IOB) 6pm Dominoes (R) 6pm Communication Committee Mtg (C)</p>	<p>4</p> <p>8am Sculpt (IOB) 9am Zumba (IOB) 10m Yoga (IOB) 10am Spanish Conversation Club (C) 11:15am Aqua Fit (B) 12pm Chair Yoga (IOB) 5pm Tennis Club (SC) 6pm Men's Game Night (F) 6:30 Pilates (IOB)</p>	<p>5</p> <p>8am 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 Oriental Music Club (IOB) 6pm Dominoes (R)</p>	<p>6</p> <p>8am 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>7</p> <p>8am Tennis Club (SC) 9am Zumba (IOB) 10am to 4pm Community Garage Sale 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) 1pm St. Patty's Kids Paint Day (R)</p>
<p>8</p> <p>8am Tennis Club (SC) 10am to 4pm Community Garage Sale 10am Zumba (IOB) 11am Gentle Yoga Flow (IOB) 2pm Pickleball Club (SC) 3pm Carrom Club (R)</p>	<p>9</p> <p>8am Step Fitness (IOB) 9am 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>10</p> <p>9am 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 (IOB) 6pm Dominoes (R) 6pm Executive Committee (C)</p>	<p>11</p> <p>8am Sculpt (IOB) 9am Zumba (IOB) 10m Yoga (IOB) 10am Spanish Conversation Club (C) 11:15am Aqua Fit (B) 12pm Chair Yoga (IOB) 5pm Tennis Club (SC) 6pm Fishing Club (FC) 6pm Finance Committee (C) 6:30 Pilates (IOB)</p>	<p>12</p> <p>8am 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 Oriental Music Club (IOB) 6pm Dominoes (R) 6pm Trivia (F)</p>	<p>13</p> <p>8am 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)</p>	<p>14</p> <p>8am Tennis Club (SC) 9am 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) 4pm Safari Saturday Dinner &amp; Show (R)</p>
<p>15</p> <p>8am Tennis Club (SC) 10am Zumba (IOB) 11am Gentle Yoga Flow (IOB) 11am Swim Sunday (B) 2pm Pickleball Club (SC) 3pm Carrom Club (R) 4:30pm Cigar Club (F)</p>	<p>16</p> <p>8am Step Fitness (IOB) 9am Zumba (IOB) 10am Aqua Zumba (IOB) 10am Yoga (IOB) 11am Chair Yoga (IOB) 12pm Tai Chi (IOB) 2pm Ping Pong Club (MP) 4pm Movie Day (MP) 5pm Suspension Training &amp; Weights (IOB) 6pm Strong Nation (IOB)</p>	<p>17</p> <p>9am Zumba (IOB) 10am Total Toning (IOB) 10am Spanish Conversation Club (C) 11am Table Tennis Tournament (MP) 11:15am Aqua Fit (B) 12pm Chair Yoga (IOB) 5pm Pickleball Club (IOB) 6pm Dominoes (R)</p>	<p>18</p> <p>8am Sculpt (IOB) 9am Zumba (IOB) 10m Yoga (IOB) 10am Spanish Conversation Club (C) 11:15am Aqua Fit (B) 12pm Chair Yoga (IOB) 12pm Lunch and Learn (R) 1pm Wednesday Water Games (BD) 5pm Tennis Club (SC) 6pm Music Bingo (F) 6:30 Pilates (IOB)</p>	<p>19</p> <p>8am Zumba (IOB) 9am Hatha Yoga (IOB) 10am Total Toning (IOB) 10am Table Games &amp; Storytime (MP) 11:15am Aqua Fit (B) 1pm Ladies Card Club (R) 5pm Pickleball Club (SC) 6pm Oriental Music Club (IOB) 6pm Dominoes (R)</p>	<p>20</p> <p>8am Zumba (IOB) 9:05am Legs, Glutes, &amp; Abs (IOB) 10am Kickbox Cardio (IOB) 11:15am Aqua Fit (B) 12pm Tai Chi (IOB) 6pm Flip Flops Fun Friday (F) 6pm Bunco Club (R)</p>	<p>21</p> <p>9am – 1pm Squad Day Saturday (BD)</p> <p>ALL SPORT COURTS WILL BE CLOSED UNTIL 2PM DUE TO EVENT</p>
<p>22</p> <p>8am Tennis Club (SC) 10am Zumba (IOB) 10am Sunday Brunch (F) 11am Gentle Yoga Flow (IOB) 2pm Pickleball Club (SC) 3pm Carrom Club (R) 6pm Mahjong &amp; Cards (R)</p>	<p>23</p> <p>8am Step Fitness (IOB) 9am 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>24</p> <p>9am Zumba (IOB) 10am Total Toning (IOB) 10am Spanish Conversation Club (C) 11:15am Aqua Fit (B) 12pm Chair Yoga (IOB) 5pm Pickleball Club (IOB) 6pm Dominoes (R) 6pm Committee Chair Mtg (MP)</p>	<p>25</p> <p>8am Sculpt (IOB) 9am Zumba (IOB) 10m Yoga (IOB) 10am Spanish Conversation Club (C) 11:15am Aqua Fit (B) 12pm Chair Yoga (IOB) 5pm Tennis Club (SC) 6:30 Pilates (IOB)</p>	<p>26</p> <p>8am 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 Oriental Music Club (IOB) 6pm Dominoes (MP)</p>	<p>27</p> <p>8am Zumba (IOB) 9:05am Legs, Glutes, &amp; Abs (IOB) 10am Kickbox Cardio (IOB) 11:15am Aqua Fit (B) 12pm Tai Chi (IOB) 6pm Karaoke Night (F)</p>	<p>28</p> <p>8am Tennis Club (SC) 8am Farmer's Market (RP) 9am 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) 4pm Mahjong &amp; Card Club (R)</p>
<p>29</p> <p>8am Tennis Club (SC) 10am Zumba (IOB) 11am Gentle Yoga Flow (IOB) 2pm Pickleball Club (SC) 3pm Carrom Club (R)</p>	<p>30</p> <p>8am Step Fitness (IOB) 9am 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>31</p> <p>9am Zumba (IOB) 10am Total Toning (IOB) 10am Spanish Conversation Club (C) 11:15am Aqua Fit (B) 12pm Chair Yoga (IOB) 4:30pm Food Truck Tuesday (R) 5pm Pickleball Club (IOB) 6pm Dominoes (MP) 6:30pm HOA Board Meeting (R)</p>	<p>Amenity Center Phone: Bellalago: (407) 933-3010 Isles of Bellalago: (407) 343-9175 Recreation Center Phone: (407) 846-4358</p>	<p>Bellalago Amenity Center 1200 Lago Vista Court</p> <p>Isles of Bellalago Amenity 4120 Bella Isle Circle</p> <p>“Like” our Official Facebook Page <a href="http://www.Facebook.com/">www.Facebook.com/</a></p>	<p>Amenity Center Hours: Monday - Friday 6am - 9pm Saturday &amp; Sunday 8am - 9pm Tennis &amp; Basketball Courts open during Facility Hours (Mon-Sun)</p>	<p>Need assistance signing up on Townsq? Email</p> <p><a href="mailto:Mariaeiling.rivera@castlegroup.com">Mariaeiling.rivera@castlegroup.com</a></p> <p>For more information about Spring Break activities, please visit <a href="http://TownSq.io">TownSq.io</a>.</p>

- (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

# March 2025



# 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.

## STEP FITNESS

is a cardio workout where you repeatedly step up and down on a raised platform while following rhythmic, choreographed movements usually to music.

## 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.

## SUSPENSION TRAINING & WEIGHT

is a bodyweight exercise method that uses two adjustable straps to create resistance. By changing your body angle, you control how much of your body weight you lift during each exercise.

## CHAIR YOGA

is a gentle form of yoga performed while seated in a chair or using a chair for support. It adapts traditional yoga poses to make them more accessible for people who may have limited mobility, balance concerns, or difficulty getting up and down from the floor.

## 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.

## HATHA YOGA

is a slow, gentle style of yoga that focuses on basic poses, breathing, and relaxation. It is beginner-friendly and helps improve flexibility, strength, and calmness through mindful, controlled movement.

## 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.

## TRX KETTLE FUSION CLASS

with kettlebell exercises to build strength, improve stability, and boost cardio 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

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.

## GENTLE YOGA

is a slow, low-intensity yoga class designed to stretch the body, improve mobility, and promote relaxation. It uses simple poses, longer holds, and smooth breathing to keep movements comfortable and stress-free.