

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 8am Wake Up Zumba (IOB) 9:05am Legs, Glutes, & Abs (IOB) 10am Kickbox Cardio (IOB) 11:15am Aqua Fit (B) 12pm Tai Chi (IOB) 6pm Live Music (F)	2 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 Mommy & Me Paint Day (R)
3 8am Tennis Club (SC) 8am Swimming Lessons (IOB) 10am Wake Up Zumba (IOB) 11am Gentle Flow Yoga (IOB) 3pm Carrrom Club (R) 5pm Pickleball Club (SC)	4 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 & Weights (IOB) 6pm Strong Nation (IOB)	5 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)	6 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 (MP) 6pm Men's Game Night (F) 6pm Membership Meeting (R) 6:30pm Pilates (IOB)	7 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 Oriental Music Club (IOB) 6pm Dominoes (R) 6:30pm Strength Training (IOB)	8 8am Wake Up Zumba (IOB) 9:05am Legs, Glutes, & Abs (IOB) 10am Kickbox Cardio (IOB) 11:15am Aqua Fit (B) 12pm Tai Chi (IOB) 6pm Bingo Night (R)	9 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 Mommy & Me Dance (R)
10 8am Tennis Club (SC) 8am Swimming Lessons (IOB) 10am Wake Up Zumba (IOB) 10am Aqua Zumba (IOB) 10am Yoga (IOB) 11am Gentle Flow Yoga (IOB) 3pm Carrrom Club (R) 5pm Pickleball Club (SC)	11 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 & Weights (IOB) 6pm Strong Nation (IOB) 7pm Ladies Book Club (R)	12 9am Wake Up Zumba (IOB) 10am Total Toning (IOB) 10am Spanish Conversation Club (MP) 10am Lakes & 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 (C)	13 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)	14 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 Oriental Music Club (IOB) 6pm Dominoes (R) 6pm Trivia (F) 6:30pm Strength Training (IOB)	15 8am Wake Up Zumba (IOB) 9:05am Legs, Glutes, & Abs (IOB) 10am Kickbox Cardio (IOB) 11:15am Aqua Fit (B) 12pm Tai Chi (IOB) 6pm Bunco (R)	16 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 Mahjong & Card Club (R)
17 8am Tennis Club (SC) 8am Swimming Lessons (IOB) 10am Wake Up Zumba (IOB) 11am Gentle Flow Yoga (IOB) 3pm Carrrom Club (R) 4:30pm Cigar Club (F) 5pm Pickleball Club (SC)	18 8:10am Step Fitness (IOB) 8am Flag Giveaway at Both Amenities 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 & Weights (IOB) 6pm Strong Nation (IOB)	19 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)	20 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 & Learn (R) 5pm Tennis Club (SC) 5:30pm Chess Club (R) 6pm Music Bingo (F) 6:30pm Pilates (IOB)	21 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 Oriental Music Club (IOB) 6pm Dominoes (R) 6:30pm Strength Training (IOB)	22 8am Wake Up Zumba (IOB) 9:05am Legs, Glutes, & Abs (IOB) 10am Kickbox Cardio (IOB) 11:15am Aqua Fit (B) 12pm Tai Chi (IOB) 6pm Karaoke (F)	23 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)
24 8am Tennis Club (SC) 8am Swimming Lessons (IOB) 10am Wake Up Zumba (IOB) 11am Gentle Flow Yoga (IOB) 3pm Carrrom Club (R) 5pm Pickleball Club (SC) 6pm Mahjong & Card Club (R)	25 MEMORIAL DAY! NO FITNESS CLASSES! 2pm Ping Pong Club (MP)	26 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) 6:00pm Dominoes (MP) 6:30pm HOA Board Meeting (R)	27 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)	28 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 Oriental Music Club (R) 6pm Dominoes (MP) 6:30pm Strength Training (IOB)	29 8am Wake Up Zumba (IOB) 9:05am Legs, Glutes, & Abs (IOB) 10am Kickbox Cardio (IOB) 11:15am Aqua Fit (B) 12pm Tai Chi (IOB)	30 8am Tennis Club (SC) 8am Swimming Lessons (IOB) 8am-12pm Farmer's 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) 5pm Flip Flops Ladies Night (F)
31 8am Tennis Club (SC) 8am Swimming Lessons (IOB) 10am Wake Up Zumba (IOB) 11am Gentle Flow Yoga (IOB) 3pm Carrrom Club (R) 5pm Pickleball Club (SC)	"Like" our Official Facebook Page www.facebook.com/bellalagoandisles	Need assistance signing up on Townsq? Email Mariaeil-ing.rivera@castlegroup.com	Amenity Center Hours: Monday - Friday 6am - 9pm Saturday - Sunday 8am - 9pm Saturday & Sunday 8am - 9pm Tennis & Basketball Courts open during Facility Hours (Mon-Sun)		Amenity Center Phone Numbers: Bellalago: (407) 933-3010 Isles of Bellalago: (407) 343-9175 Recreation Center Phone Number: (407) 846-4358	

- (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 Court

MAY 2026



Fitness Class Descriptions

STEP FITNESS

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

ZUMBA

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

AQUA ZUMBA

Aqua Fitness is a low-impact, full-body workout performed in the pool. The class uses the natural resistance of the water to help improve strength, flexibility, and cardiovascular endurance while being gentle on the joints.

YOGA

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

CHAIR YOGA

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

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.

GENTLE FLOW YOGA

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

TOTAL TONING

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

AQUA FITNESS

Aqua Fitness is a low-impact, full-body workout held in the pool that uses the natural resistance of the water to improve strength, flexibility, and cardiovascular endurance.

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.

KIDS FITNESS GAMES

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

HATHA YOGA

Hatha Yoga is a gentle, slow-paced class that focuses on basic yoga poses, breathing techniques, and relaxation. This class is designed to improve flexibility, balance, posture, and overall well-being.

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.

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!

KICKBOX CARDIO

Kickbox Cardio is a high-energy workout that combines boxing and kickboxing movements with fast-paced cardio. The class includes punches, kicks, and footwork designed to improve cardiovascular endurance, coordination, and overall fitness.

PILATES

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

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.

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.

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.