



Coral Casino Beach and Cabana Club Fitness Class Schedule

Effective: March 22, 2019

805-565-8285

Please refrain from using studio 15 mins prior to and during classes

	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
6:30 – 8 AM	Open Studio	Masters Swim Dario Bucy	Open Studio		Open Studio	Masters Swim Dario Bucy	Open Studio		Open Studio	Masters Swim Dario Bucy	Open Studio	
8:30 AM	Open Studio <small>Closed 15 mins prior to class for</small>		Aqua Aerobics Karen Kledzik	Open Studio	Open Studio <small>Closed 15 mins prior to class for setup</small>		Aqua Aerobics Karen Kledzik	Open Studio	Open Studio <small>Closed 15 mins prior to class for setup</small>		Aqua Aerobics Karen Kledzik	Open Studio
9:00 AM	Yoga Kara Rosenthal		Yoga Hayley Peter		Yoga Justine Pernizo		Yoga Hayley Peter		Yoga Justine Pernizo		Yoga Laura Goe	
10:10 AM	Move It! Members Only Victoria Frost		Pickleball "Open Play" 10-12pm		Move It! Members Only Victoria Frost		Pickleball "Open Play"		Move It! Members Only Victoria Frost		Pickleball "Open Play" 9-11AM	
11AM	Open Studio		Open Studio 11:00am – 3:45pm <small>Closed 15 mins prior to class for setup</small>		Open Studio		Open Studio 11:00am – 3:45pm <small>Closed 15 mins prior to class for setup</small>		Open Studio		Open Studio	
4:00 PM	Open Studio		Sitting Meditation Edie Caldwell Complimentary		Open Studio		Sitting Meditation Edie Caldwell Complimentary		Open Studio		Open Studio	

Aqua Aerobics: Aqua fitness using water resistance techniques in both deep and shallow water; all levels.

Yoga: Mind and body relaxation, strengthening with the ancient art of Yoga; all levels.

Masters Swim: Endurance strengthening and stroke enhancement.

Sitting Meditation: Provide an opportunity to meditate together with a lay-ordained Zen Buddhist.

Tennis: Ball machine available for single players, Tennis Pro available by appointment only, two courts are available.

Pickleball: A paddle sport that combines elements of badminton, tennis and table tennis.

Coral Casino Fitness Basics:

- Class cost: Yoga, Aqua Aerobics \$12 per person
- Classes are open to those 13 years and older.
- All classes are approximately 60 minutes.
- Attire: Comfortable clothing, bare feet, or socks, no hanging jewelry.
- We encourage you to bring your own mat and water; additional accessories will be available.
- Please arrive a few minutes prior to class start time, so our instructors may use the entire time provided.
- The code for the tennis court is available at the Coral Casino reception desk. Guests of members are \$10 each.