



## The Club at Maple Ridge

4995 Brigata Way Ave Maria, FL 34142

Hours: Mon-Fri 5:30 a.m. to 8 p.m. & Sat-Sun 7 a.m. to 9 p.m.

Phone: (239) 867-4527

# WELLBEATS™ May 2023 CALENDAR

**\*All Virtual Classes are performed in the Fitness Center and are suitable for all fitness levels ages 16 & older!**

### Monday May 1<sup>st</sup>

#### 11:00AM: Mat Pilates

Description: This class requires a mat and concentrates on core strength and floor work.

#### 12:00PM: Lower Body Strength

Description: The lower body is the most muscle dense part of us and requires more work and more work means we are burning more fat and calories!

#### 1:00PM: Standing Ab Workout

Description: For those of you that don't like to get on the floor and do crunches this class is for you! Take your ab training to whole new level and watch your waist get trimmer and tighter!

#### 2:00PM: LIIT

Description: Stands for LOW Intensity Interval Training. There is high energy, moderate workload with modifications throughout with minimal impact on the joints.

#### 3:00PM: Stretch & Smile

Description: Flexibility is one of the single most neglected aspects of a well-rounded program..It prevents injuries & falls and more importantly enables us to continue a productive quality of life long term.

#### 4:00PM: PM Potluck Mash Up

Description: Each week we will post on our Facebook & Instagram what a special secret employee has chosen as their favorite workout and why! Be sure you are part of our social media family so you can be part of our lineup! We can't wait to see you all there!

Instagram @theclubatmapleridge Facebook #theclubatmapleridge

### Tuesday May 2<sup>nd</sup>

#### 11:00AM: Mat Pilates

Description: This class requires a mat and concentrates on core strength and floor work.

#### 12:00PM: Lower Body Strength



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Description: The lower body is the most muscle dense part of us and requires more work and more work means we are burning more fat and calories!

1:00PM: Standing Ab Workout

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Wednesday May 3<sup>rd</sup>

11:00AM: Mat Pilates

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12:00PM: Lower Body Strength

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1:00PM: Standing Ab Workout

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Thursday May 4<sup>th</sup>

11:00AM: Mat Pilates

Description: This class requires a mat and concentrates on core strength and floor work.

12:00PM: Lower Body Strength

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**1:00PM: Standing Ab Workout**

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**Friday May 5<sup>th</sup>**

**12:00PM: Lower Body Strength**

Description: The lower body is the most muscle dense part of us and requires more work and more work means we are burning more fat and calories!

**1:00PM: Standing Ab Workout**

Description: For those of you that don't like to get on the floor and do crunches this class is for you! Take your ab training to whole new level and watch your waist get trimmer and tighter!

**2:00PM: LIIT**

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**Saturday May 6<sup>th</sup>**

**11:00AM: Mat Pilates**

Description: This class requires a mat and concentrates on core strength and floor work.

**12:00PM: Lower Body Strength**



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**1:00PM: Standing Ab Workout**

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**Sunday May 7<sup>th</sup>**

**11:00AM: Mat Pilates**

Description: This class requires a mat and concentrates on core strength and floor work.

**12:00PM: Lower Body Strength**

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**1:00PM: Standing Ab Workout**

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**Monday May 8<sup>th</sup>**

**11:00AM: Mat Pilates**

Description: This class requires a mat and concentrates on core strength and floor work.

**12:00PM: Lower Body Strength**

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**1:00PM: Standing Ab Workout**

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**Tuesday May 9<sup>th</sup>**

**11:00AM: Mat Pilates**

Description: This class requires a mat and concentrates on core strength and floor work.

**12:00PM: Lower Body Strength**

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**1:00PM: Standing Ab Workout**

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**Wednesday May 10<sup>th</sup>**

**11:00AM: Mat Pilates**

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**12:00PM: Lower Body Strength**

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**1:00PM: Standing Ab Workout**

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Thursday May 11<sup>th</sup>

11:00AM: Mat Pilates

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Friday May 12<sup>th</sup>

12:00PM: Lower Body Strength

Description: The lower body is the most muscle dense part of us and requires more work and more work means we are burning more fat and calories!

1:00PM: Standing Ab Workout



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Saturday May 13<sup>th</sup>

11:00AM: Mat Pilates

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Sunday May 14<sup>th</sup>

11:00AM: Mat Pilates

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12:00PM: Lower Body Strength



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**1:00PM: Standing Ab Workout**

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**Monday May 15<sup>th</sup>**

**11:00AM: Mat Pilates**

Description: This class requires a mat and concentrates on core strength and floor work.

**12:00PM: Lower Body Strength**

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**Tuesday May 16<sup>th</sup>**

**11:00AM: Mat Pilates**

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**12:00PM: Lower Body Strength**

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**3:00PM: Stretch & Smile**

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**Wednesday May 17<sup>th</sup>**

**11:00AM: Mat Pilates**

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**12:00PM: Lower Body Strength**

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**1:00PM: Standing Ab Workout**

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**Thursday May 18<sup>th</sup>**

**11:30AM: Mat Pilates (25 minutes)**

Description: This class requires a mat and concentrates on core strength and floor work.

**12:00PM: Lower Body Strength**

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**1:00PM: Standing Ab Workout**

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**Friday May 19<sup>th</sup>**

**12:00PM: Lower Body Strength**

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**1:00PM: Standing Ab Workout**

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**Saturday May 20<sup>th</sup>**

**11:00AM: Mat Pilates**

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**Sunday May 21<sup>st</sup>**

**11:00AM: Mat Pilates**

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**Monday May 22<sup>nd</sup>**

**11:00AM: Mat Pilates**



Description: This class requires a mat and concentrates on core strength and floor work.

**12:00PM: Lower Body Strength**

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**1:00PM: Standing Ab Workout**

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**Tuesday May 23<sup>rd</sup>**

**12:00PM: Lower Body Strength**

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**1:00PM: Standing Ab Workout**

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**Wednesday May 24<sup>th</sup>**



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**11:00AM: Mat Pilates**

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**Thursday May 25<sup>th</sup>**

**11:30AM: Mat Pilates (25 minutes)**

Description: This class requires a mat and concentrates on core strength and floor work.

**12:00PM: Lower Body Strength**

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**Friday May 26<sup>th</sup>**

**12:00PM: Lower Body Strength**

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**1:00PM: Standing Ab Workout**

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**Saturday May 27<sup>th</sup>**

**11:00AM: Mat Pilates**

Description: This class requires a mat and concentrates on core strength and floor work.

**12:00PM: Lower Body Strength**

Description: The lower body is the most muscle dense part of us and requires more work and more work means we are burning more fat and calories!

**1:00PM: Standing Ab Workout**

Description: For those of you that don't like to get on the floor and do crunches this class is for you! Take your ab training to whole new level and watch your waist get trimmer and tighter!

**2:00PM: LIIT**

Description: Stands for LOW Intensity Interval Training. There is high energy, moderate workload with modifications throughout with minimal impact on the joints.

**3:00PM: Stretch & Smile**

Description: Flexibility is one of the single most neglected aspects of a well-rounded program..It prevents injuries & falls and more importantly enables us to continue a productive quality of life long term.

**4:00PM: PM Potluck Mash Up**

Description: Each week we will post on our Facebook & Instagram what a special secret employee has chosen as their favorite workout and why! Be sure you are part of our social media family so you can be part of our lineup! We can't wait to see you all there!

Instagram @theclubatmapleridge Facebook #theclubatmapleridge

**Sunday May 28<sup>th</sup>**

**11:00AM: Mat Pilates**



Description: This class requires a mat and concentrates on core strength and floor work.

12:00PM: Lower Body Strength

Description: The lower body is the most muscle dense part of us and requires more work and more work means we are burning more fat and calories!

1:00PM: Standing Ab Workout

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3:00PM: Stretch & Smile

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Monday May 29<sup>th</sup> **HAPPY MEMORIAL DAY!!!**

11:00AM: Mat Pilates

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12:00PM: Lower Body Strength

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Tuesday May 30<sup>th</sup>

11:00AM: Mat Pilates

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12:00PM: Lower Body Strength

and calories!

1:00PM: Standing Ab Workout

Description: For those of you that don't like to get on the floor and do crunches this class is for you! Take your ab training to whole new level and watch your waist get trimmer and tighter!

2:00PM: LIIT

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3:00PM: Stretch & Smile

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Wednesday May 31<sup>st</sup>

11:00AM: Mat Pilates

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12:00PM: Lower Body Strength

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1:00PM: Standing Ab Workout

Description: For those of you that don't like to get on the floor and do crunches this class is for you! Take your ab training to whole new level and watch your waist get trimmer and tighter!

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