



@theclubatmapleridge

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 1st

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 2nd

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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Wednesday May 3rd

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

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4:00PM: PM Potluck Mash Up

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Thursday May 4th

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

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Friday May 5th

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.

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Saturday May 6th

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

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Sunday May 7th

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!

Monday May 8th

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

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Tuesday May 9th

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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2:00PM: LIIT

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Wednesday May 10th

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



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Thursday May 11th

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 12th

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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2:00PM: LIIT

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Saturday May 13th

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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Sunday May 14th

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 15th

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

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Tuesday May 16th

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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Wednesday May 17th

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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2:00PM: LIIT

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Thursday May 18th

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

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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Friday May 19th

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 20th

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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Sunday May 21st

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 22nd

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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2:00PM: LIIT

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Tuesday May 23rd

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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Wednesday May 24th



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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Thursday May 25th

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

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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Description: Flexibility is one of the single most neglected aspects of a well-rounded program..It prevents injuries & falls and more

Friday May 26th

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 27th

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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Sunday May 28th

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

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.

Monday May 29th **HAPPY MEMORIAL DAY!!!**

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!

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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 30th

11:00AM: Mat Pilates

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



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!

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Wednesday May 31st

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!

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