



## 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™ June 2023 CALENDAR

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

Thursday, June 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 lifelong 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

Friday, June 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



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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**Saturday, June 3<sup>rd</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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Instagram [@theclubatmapleridge](#) Facebook [#theclubatmapleridge](#)

**Sunday, June 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**

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



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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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Monday, June 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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Tuesday, June 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**



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, June 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**

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!

**Thursday, June 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**

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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Friday, June 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**

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, June 10<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, June 11<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!

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Monday, June 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



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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Tuesday, June 13<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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Wednesday, June 14<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!

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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 lifelong term.

Thursday, June 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

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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Friday, June 16<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



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

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Saturday, June 17<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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**4:00PM: PM Potluck Mash Up**

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Sunday, June 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**

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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**Monday, June 19<sup>th</sup>**

**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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**Tuesday, June 20<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**

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, June 21<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**

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

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Thursday, June 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**

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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Friday, June 23<sup>rd</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!

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Saturday, June 24<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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**Sunday, June 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**

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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**Monday, June 26<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



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Tuesday, June 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

Wednesday, June 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

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 lifelong term.

Thursday, June 29<sup>th</sup> **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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Instagram @theclubatmapleridge Facebook #theclubatmapleridge

Friday, June 30<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

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.

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