



@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

# JUNE CALENDAR 2023

### Thursday June 1

**9:30AM-10:30AM: Advanced GLAAM** with Rachelle

**Where:** Fitness Center

**Description:** Just like our regular GLAAM Class but more challenging! This class is specifically for intermediate to advanced fitness levels & for those of you that have been taking Rachelle's Original GLAAM & you are ready to step it up!

\*CONTACT RACHELLE DIRECTLY FOR PAYMENT INFORMATION AT (954) 632-0008.

**6:30PM-7:45PM: Dominos for Adults**

**Where:** The Lounge

**Description:** Take your game time to the next level with other residents that share the same love of the game!

**6:45PM-7:45PM: Stassie Fit DANCE TEAM! for tweens/teens 9& up** with Nastassia

**Where:** Gathering Room

**Description:** This group of teens got their start and found a special bond as our Flash Mob in our Hometown Christmas Show and It has been growing rapidly ever since! The more the merrier!

\*CONTACT NASTASSIA DIRECTLY FOR PAYMENT INFORMATION AT (305) 458-7939.

**6:45PM-7:45PM: Zumba** with Vanesa

**Where:** Fitness Center

**Description:** Join us as Vanesa makes working out fun! Salsa, Cha Cha, Samba, and more! Bring lots of water to hydrate.

\*CONTACT VANESA DIRECTLY FOR PAYMENT INFORMATION AT (609) 760-8128

### Friday June 2<sup>nd</sup>

**9:30AM-10:30AM: Hot Yoga** with Rachelle

**Where:** Fitness Center

**Description:** Take your yoga practice to the next level by going hot! This will take the intensity of your practice to the next level of intensity & in addition you will be sweating; increasing the detox effect so please be sure to hydrate properly and have a light meal prior to taking the class.

\*CONTACT RACHELLE DIRECTLY FOR PAYMENT INFORMATION AT (954) 632-0008.



**Saturday June 3<sup>rd</sup>**

**8:00AM-9:00AM: SOKA FIT** with Nastassia

**Where:** Fitness Center

**Description:** Soka Fit is a more moderate intensity full body workout that will leave you feeling refreshed and strong! Start this year off right! This class and 1-2 lb. weighted gloves or dumb bells are highly encouraged! We ask that you hydrate properly before class. This class is for all fitness levels.

\*CONTACT NASTASSIA DIRECTLY FOR PAYMENT INFORMATION AT (305) 458-7939.

**9:00AM-10:00AM: Body Tone** with Vanesa

**Where:** Fitness Center

**Description:** Vanesa will lead you through a fun workout. Start your Saturday off right! Bring a towel for comfort and water to hydrate.

\*CONTACT VANESA DIRECTLY FOR PAYMENT INFORMATION AT (609) 760-8128

**10:00AM-10:45AM: New Class!! Aqua Mix** with Vanesa

**Where:** Pool

**Description:** Back by popular demand this water workout is for all fitness levels. Please bring your noodle for this low impact water workout!

\*CONTACT VANESA DIRECTLY FOR PAYMENT INFORMATION AT (609) 760-8128

**2:00PM-8:00PM: "Taste of the Islands" Jamaican Cuisine**

**Where:** The Club at Maple Ridge

**Description:** A fan favorite with our residents! This cuisine always puts a smile on everyone's face

**Sunday June 4<sup>th</sup>**

**4:00pm-5:00pm Special Class ! FULL MOON YOGA** with Rachelle

**Where:** Fitness Center

**Description:** Join us for an hour of peace and serenity...Stretch & hold specific poses to balance your energy and clear your mind

\*CONTACT RACHELLE DIRECTLY FOR PAYMENT INFORMATION AT (954) 632-0008.

**Monday June 5<sup>th</sup>**

**9:30AM-10:30AM: GLAAM** with Rachelle

**Where:** Fitness Center

**Description:** Rachelle Gucwa has created a full-body program that enhances your Glutes, Legs, Arms, Abs, and Mind! "I have been seriously toning up since I started this class. "

\*CONTACT RACHELLE DIRECTLY FOR PAYMENT INFORMATION AT (954) 632-0008

**5:45PM-6:45PM: Dance Class!!** with Misha

**Where:** Fitness Center

**Description:** Professional European Dancer Misha Moraru has spent his life dedicated to the Art of Dance.

Misha has been dancing since the age of 7 and continues to perform, compete, and teach worldwide. This class is for all



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Skill levels. Singles and couples are welcome.

\*CONTACT MISHA DIRECTLY FOR PAYMENT INFORMATION AT (845) 405-9683.

**6:45PM-7:45PM Candlelight Yoga** with Rachelle

**Where:** Fitness Center

**Description:** Join us for an hour of peace and serenity...Stretch & hold specific poses to balance your energy and clear your mind.

\*CONTACT RACHELLE DIRECTLY FOR PAYMENT INFORMATION AT (954) 632-0008

**Tuesday June 6<sup>th</sup>**

**9:30AM-10:30AM Hot Yoga** with Rachelle

**Where:** Fitness Center

**Description:** Take your yoga practice to the next level by going hot! This will take the intensity of your practice to the next level of intensity & in addition you will be sweating; increasing the detox effect so please be sure to hydrate properly and have a light meal prior to taking the class.

\*CONTACT RACHELLE DIRECTLY FOR PAYMENT INFORMATION AT (954) 632-0008

**6:45PM-7:45PM: Stassie Fit DANCE TEAM! for tweens/teens 9& up** with Nastassia

**Where:** Gathering Room

**Description:** This group of teens got their start and found a special bond as our Flash Mob in our Hometown Christmas Show and It has been growing rapidly ever since! The more the merrier!

\*CONTACT NASTASSIA DIRECTLY FOR PAYMENT INFORMATION AT (305) 458-7939.

**Wednesday June 7<sup>th</sup>**

**9:30AM-10:30AM: Special Class "Hot" Yoga Poolside** with Rachelle

**Where:** Poolside

**Description:** Take your yoga practice to the next level by going hot! This will take the intensity of your practice to the next level of intensity & in addition you will be sweating; increasing the detox effect so please be sure to hydrate properly and have a light meal prior to taking the class. Light weights can be used for this class!

\*CONTACT RACHELLE DIRECTLY FOR PAYMENT INFORMATION AT (954) 632-0008.

**5:00PM-7:30PM: Miss Janice's Reading Program**

**Where:** Lounge

**Description:** Miss Janice is a certified tutor with 15 years' experience. The reading program emphasizes phonics and comprehension. Miss Janice tutors any age from 5 to adult. Each session is limited to 4 students only. For any inquiries, call Miss Janice at 239-658-5779 or email at [janice.m.muenz@gmail.com](mailto:janice.m.muenz@gmail.com). Inquire about a few openings Miss Janice might have on other days.

**5:00PM-6:30PM Sewing Machine Easy Projects!!!** with Susan Starr (by appointment only)

**Where:** Art Room

**Description:** Start some easy projects with Susan guiding you every step of the way; from finding the best sewing machine to using



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the right fabrics for the perfect end result!! Email Susan at [sqs1011@comcast.net](mailto:sqs1011@comcast.net) to register.

**6:45PM-7:45PM Yoga Sculpt** with Rachelle

**Where:** Gathering Room

**Description:** Join us for an hour of peace and serenity...Stretch & hold specific poses to balance your energy and clear your mind using free weights for more resistance to tone and sculpt the body.

\*CONTACT RACHELLE DIRECTLY FOR PAYMENT INFORMATION AT (954) 632-0008.

**Thursday June 8<sup>th</sup>**

**9:30AM-10:30AM: Advanced GLAAM** with Rachelle

**Where:** Gathering Room

**Description:** Just like our regular GLAAM Class but more challenging! This class is specifically for intermediate to advanced fitness levels & for those of you that have been taking Rachelle's Original GLAAM & you are ready to step it up!

\*CONTACT RACHELLE DIRECTLY FOR PAYMENT INFORMATION AT (954) 632-0008.

**6:30PM-7:45PM: Dominos for Adults**

**Where:** The Lounge

**Description:** Take your game time to the next level with other residents that share the same love of the game!

**6:45PM-7:45PM: Zumba** with Vanesa

**Where:** Gathering Room

**Description:** Join us as Vanesa makes working out fun! Salsa, Cha Cha, Samba, and more! Bring lots of water to hydrate.

\*CONTACT VANESA DIRECTLY FOR PAYMENT INFORMATION AT (609) 760-8128

**Friday June 9<sup>th</sup>**

**9:30AM-10:30AM: Hot Yoga** with Rachelle

**Where:** Fitness Center

**Description:** Take your yoga practice to the next level by going hot! This will take the intensity of your practice to the next level of intensity & in addition you will be sweating; increasing the detox effect so please be sure to hydrate properly and have a light meal prior to taking the class.

\*CONTACT RACHELLE DIRECTLY FOR PAYMENT INFORMATION AT (954) 632-0008.

**Saturday June 10<sup>th</sup>**

**8:00AM-9:00AM SOKA FIT** with Nastassia

**Where:** Fitness Center

**Description:** Soka Fit is a more moderate intensity full body workout that will leave you feeling refreshed and strong! Start this year off right! This class and 1-2 lb. weighted gloves or dumb bells are highly encouraged! We ask that you hydrate properly before class. This



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class is for all fitness levels.

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**9:00AM-10:00AM: Body Tone with Vanesa**

**Where:** Fitness Center

**Description:** Vanesa will lead you through a fun workout. Start your Saturday off right! Bring a towel for comfort and water to hydrate.

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**10:00AM-10:45AM: New Class!! Aqua Mix with Vanesa**

**Where:** Pool

**Description:** Back by popular demand this water workout is for all fitness levels. Please bring your noodle for this low impact water workout!

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**2:00PM-8:00PM: "Taste of the Islands" Jamaican Cuisine**

**Where:** The Club at Maple Ridge

**Description:** A fan favorite with our residents! This cuisine always puts a smile on everyone's face.

**Monday June 12<sup>th</sup>**

**9:30AM-10:30AM: GLAAM with Rachelle**

**Where:** Fitness Center

**Description:** Rachelle Gucwa has created a full-body program that enhances your Glutes, Legs, Arms, Abs, and Mind! "I have been seriously toning up since I started this class. "

\*CONTACT RACHELLE DIRECTLY FOR PAYMENT INFORMATION AT (954) 632-0008

**5:45PM-6:45PM: Dance Class!! with Misha**

**Where:** Fitness Center

**Description:** Professional European Dancer Misha Moraru has spent his life dedicated to the Art of Dance.

Misha has been dancing since the age of 7 and continues to perform, compete, and teach worldwide. This class is for all skill levels. Singles and couples are welcome.

\*CONTACT MISHA DIRECTLY FOR PAYMENT INFORMATION AT (845) 405-9683.

**6:45PM-7:45PM Candlelight Yoga with Rachelle**

**Where:** Fitness Center

**Description:** Join us for an hour of peace and serenity...Stretch & hold specific poses to balance your energy and clear your mind.

\*CONTACT RACHELLE DIRECTLY FOR PAYMENT INFORMATION AT (954) 632-0008

**Tuesday June 13<sup>th</sup>**

**9:30AM-10:30AM Hot Yoga with Rachelle**

**Where:** Fitness Center

**Description:** Take your yoga practice to the next level by going hot! This will take the intensity of your practice to the next level of intensity & in addition you will be sweating; increasing the detox effect so please be sure to hydrate properly and have a light meal



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prior to taking the class.

\*CONTACT RACHELLE DIRECTLY FOR PAYMENT INFORMATION AT (954) 632-0008

**6:30PM-7:30PM: Zumba** with Genesis

**Where:** Fitness Center

**Description:** Join us as Genesis makes working out fun! Salsa, Cha Cha, Samba, and more! Bring lots of water to hydrate

\*CONTACT GENESIS DIRECTLY FOR PAYMENT INFORMATION AT (239) 227-1732

**6:45PM-7:45PM: Stassie Fit DANCE TEAM!** for tweens/teens 9& up with Nastassia

**Where:** Gathering Room

**Description:** This group of teens got their start and found a special bond as our Flash Mob in our Hometown Christmas Show and It has been growing rapidly ever since! The more the merrier!

\*CONTACT NASTASSIA DIRECTLY FOR PAYMENT INFORMATION AT (305) 458-7939.

**Wednesday June 14<sup>th</sup>**

**9:30AM-10:30AM: Hot Yoga Sculpt** with Rachelle

**Where:** Fitness Center

**Description:** Take your yoga practice to the next level by going hot! This will take the intensity of your practice to the next level of intensity & in addition you will be sweating; increasing the detox effect so please be sure to hydrate properly and have a light meal prior to taking the class. Light weights can be used for this class!

\*CONTACT RACHELLE DIRECTLY FOR PAYMENT INFORMATION AT (954) 632-0008

**5:00PM-7:30PM: Miss Janice's Reading Program**

**Where:** Lounge

**Description:** Miss Janice is a certified tutor with 15 years' experience. The reading program emphasizes phonics and comprehension. Miss Janice tutors any age from 5 to adult. Each session is limited to 4 students only. For any inquiries, call Miss Janice at 239-658-5779 or email at [janice.m.muenz@gmail.com](mailto:janice.m.muenz@gmail.com). Inquire about a few openings Miss Janice might have on other days.

**5:00PM-6:30PM: Sewing Machine Easy Projects!!!** with Susan Starr (by appointment only)

**Where:** Art Room

**Description:** Start some easy projects with Susan guiding you every step of the way; from finding the best sewing machine to using the right fabrics for the perfect end result!! Email Susan at [sgs1011@comcast.net](mailto:sgs1011@comcast.net) to register.

**5:30PM-6:30PM: Cupcake Decorating\*** with Miss Nicole

**Where:** Gathering Room

**Description:** Use your creative talents together as a team spending quality time together as a family!

\*CONTACT NICOLE DIRECTLY AT (239) 849-8976



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**6:45PM-7:45PM Yoga Sculpt** with Rachelle

**Where:** Fitness Center

**Description:** Join us for an hour of peace and serenity...Stretch & hold specific poses to balance your energy and clear your mind using free weights for more resistance to tone and sculpt the body.

\*CONTACT RACHELLE DIRECTLY FOR PAYMENT INFORMATION AT (954) 632-0008.

Thursday June 15<sup>th</sup>

**9:30AM-10:30AM: Advanced GLAAM** with Rachelle

**Where:** Fitness Center

**Description:** Just like our regular GLAAM Class but more challenging! This class is specifically for intermediate to advanced fitness levels & for those of you that have been taking Rachelle's Original GLAAM & you are ready to step it up!

\*CONTACT RACHELLE DIRECTLY FOR PAYMENT INFORMATION AT (954) 632-0008.

**6:30PM-7:45PM: Dominos for Adults**

**Where:** The Lounge

**Description:** Take your game time to the next level with other residents that share the same love of the game!

**6:45PM-7:45PM: Stassie Fit DANCE TEAM! for tweens/teens 9& up** with Nastassia

**Where:** Gathering Room

**Description:** This group of teens got their start and found a special bond as our Flash Mob in our Hometown Christmas Show and It has been growing rapidly ever since! The more the merrier!

\*CONTACT NASTASSIA DIRECTLY FOR PAYMENT INFORMATION AT (305) 458-7939.

**6:45PM-7:45PM: Zumba** with Vanesa

**Where:** Fitness Center

**Description:** Join us as Vanesa makes working out fun! Salsa, Cha Cha, Samba, and more! Bring lots of water to hydrate.

\*CONTACT VANESA DIRECTLY FOR PAYMENT INFORMATION AT (609) 760-8128

Friday June 16<sup>th</sup>

**9:30AM-10:30AM: Hot Yoga** with Rachelle

**Where:** Fitness Center

**Description:** Take your yoga practice to the next level by going hot! This will take the intensity of your practice to the next level of intensity & in addition you will be sweating; increasing the detox effect so please be sure to hydrate properly and have a light meal prior to taking the class.

\*CONTACT RACHELLE DIRECTLY FOR PAYMENT INFORMATION AT (954) 632-0008.

**6:00PM-7:30PM: Special Event! Dominos** for teens!

**Where:** Art Room

**Description:** Work together and have a blast with your peers finding your creative inspiration with Domino formations!



Saturday June 17<sup>th</sup>

**8:00AM-9:00AM: SOKA FIT** with Nastassia

**Where:** Fitness Center

**Description:** Soka Fit is a more moderate intensity full body workout that will leave you feeling refreshed and strong! Start this year off right! This class and 1-2 lb. weighted gloves or dumb bells are highly encouraged! We ask that you hydrate properly before class. This class is for all fitness levels.

\*CONTACT NASTASSIA DIRECTLY FOR PAYMENT INFORMATION AT (305) 458-7939.

**9:00AM-10:00AM: Body Tone** with Vanesa

**Where:** Fitness Center

**Description:** Vanesa will lead you through a fun workout. Start your Saturday off right! Bring a towel for comfort and water to hydrate.

\*CONTACT VANESA DIRECTLY FOR PAYMENT INFORMATION AT (609) 760-8128

**2:00PM-8:00PM: "Taste of the Islands" Jamaican Cuisine**

**Where:** The Club at Maple Ridge

**Description:** A fan favorite with our residents! This cuisine always puts a smile on everyone's face

Sunday June 18<sup>th</sup> **HAPPY FATHER'S DAY!!!**

**8:00AM-9:00AM Father's Day Sunrise Yoga**

**Where:** Fitness Center

**Description:** Join us for an hour of peace and serenity...Stretch & hold specific poses to balance your energy and clear your mind

\*CONTACT RACHELLE DIRECTLY FOR PAYMENT INFORMATION AT (954) 632-0008.

**4:00pm-6:00pm Special Class! Dad & Me Father's Day Handcrafts** with Ana

**Where:** Art Room

**Description:** Father's Day themed handcrafts!

Father & child will work together to create something uniquely beautiful together with resident lead Ana, Students will work with a special COLD PORCELEIN that Ana makes herself that dries quickly and is easier to work with. She will be assisting children 6 & up make special creative designs with Dad & turn them into masterpieces!

Parents must attend ages 15 & younger and must sign children in and out of class.

For information about registration please text Ana (954) 270-1433.

Monday June 19<sup>th</sup>

**9:30AM-10:30AM: GLAAM** with Rachelle

**Where:** Fitness Center

**Description:** Rachelle Guicwa has created a full-body program that enhances your Glutes, Legs, Arms, Abs, and Mind! "I have been seriously toning up since I started this class. "

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**5:45PM-6:45PM: Dance Class!!** with Misha

**Where:** Fitness Center

**Description:** Professional European Dancer Misha Moraru has spent his life dedicated to the Art of Dance.

Misha has been dancing since the age of 7 and continues to perform, compete, and teach worldwide. This class is for all skill levels. Singles and couples are welcome.

\*CONTACT MISHA DIRECTLY FOR PAYMENT INFORMATION AT (845) 405-9683.

**6:45PM-7:45PM Candlelight Yoga** with Rachelle

**Where:** Fitness Center

**Description:** Join us for an hour of peace and serenity...Stretch & hold specific poses to balance your energy and clear your mind.

\*CONTACT RACHELLE DIRECTLY FOR PAYMENT INFORMATION AT (954) 632-0008

**Tuesday June 20<sup>th</sup>**

**9:30AM-10:30AM Hot Yoga** with Rachelle

**Where:** Fitness Center

**Description:** Take your yoga practice to the next level by going hot! This will take the intensity of your practice to the next level of intensity & in addition you will be sweating; increasing the detox effect so please be sure to hydrate properly and have a light meal prior to taking the class.

\*CONTACT RACHELLE DIRECTLY FOR PAYMENT INFORMATION AT (954) 632-0008.

**6:30PM-7:30PM: Zumba** with Genesis

**Where:** Fitness Center

**Description:** Join us as Genesis makes working out fun! Salsa, Cha Cha, Samba, and more! Bring lots of water to hydrate

\*CONTACT GENESIS DIRECTLY FOR PAYMENT INFORMATION AT (239) 227-1732

**6:45PM-7:45PM: Stassie Fit DANCE TEAM! for tweens/teens 9& up** with Nastassia

**Where:** Gathering Room

**Description:** This group of teens got their start and found a special bond as our Flash Mob in our Hometown Christmas Show and It has been growing rapidly ever since! The more the merrier!

\*CONTACT NASTASSIA DIRECTLY FOR PAYMENT INFORMATION AT (305) 458-7939.

**Wednesday June 21<sup>st</sup>**

**INTERNATIONAL YOGA DAY ! All Yoga Classes today are complimentary!**

**9:30AM-10:30AM: Hot Yoga Sculpt** with Rachelle

**Where:** Fitness Center

**Description:** Take your yoga practice to the next level by going hot! This will take the intensity of your practice to the next level of intensity & in addition you will be sweating; increasing the detox effect so please be sure to hydrate properly and have a light meal prior to taking the class. Light weights can be used for this class!

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**5:00PM-7:30PM: Miss Janice's Reading Program**

**Where:** Lounge

**Description:** Miss Janice is a certified tutor with 15 years' experience. The reading program emphasizes phonics and comprehension.

Miss Janice tutors any age from 5 to adult. Each session is limited to 4 students only. For any inquiries, call Miss Janice at 239-658-5779 or email at [janice.m.muenz@gmail.com](mailto:janice.m.muenz@gmail.com). Inquire about a few openings Miss Janice might have on other days.

**5:00PM-6:30PM: Sewing Machine Easy Projects!!!** with Susan Starr (by appointment only)

**Where:** Art Room

**Description:** Start some easy projects with Susan guiding you every step of the way; from finding the best sewing machine to using the right fabrics for the perfect end result!! Email Susan at [sqs1011@comcast.net](mailto:sqs1011@comcast.net) to register.

**6:45PM-7:45PM Yoga Sculpt** with Rachelle

**Where:** Fitness Center

**Description:** Join us for an hour of peace and serenity...Stretch & hold specific poses to balance your energy and clear your mind using free weights for more resistance to tone and sculpt the body.

\*CONTACT RACHELLE DIRECTLY FOR PAYMENT INFORMATION AT (954) 632-0008.

**Thursday June 22<sup>nd</sup>**

**9:30AM-10:30AM: Advanced GLAAM** with Rachelle

**Where:** Fitness Center

**Description:** Just like our regular GLAAM Class but more challenging! This class is specifically for intermediate to advanced fitness levels & for those of you that have been taking Rachelle's Original GLAAM & you are ready to step it up!

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**6:30PM-7:45PM: Dominos for Adults**

**Where:** The Lounge

**Description:** Take your game time to the next level with other residents that share the same love of the game!

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**Where:** Fitness Center

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\*CONTACT VANESA DIRECTLY FOR PAYMENT INFORMATION AT (609) 760-8128



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#### Friday June 23<sup>rd</sup>

**9:30AM-10:30AM: Hot Yoga** with Rachelle

**Where:** Fitness Center

**Description:** Take your yoga practice to the next level by going hot! This will take the intensity of your practice to the next level of intensity & in addition you will be sweating; increasing the detox effect so please be sure to hydrate properly and have a light meal prior to taking the class.

\*CONTACT RACHELLE DIRECTLY FOR PAYMENT INFORMATION AT (954) 632-0008.

#### Saturday June 24<sup>th</sup>

**8:00AM-9:00AM: SOKA FIT** with Nastassia

**Where:** Fitness Center

**Description:** Soka Fit is a more moderate intensity full body workout that will leave you feeling refreshed and strong! Start this year off right! This class and 1-2 lb. weighted gloves or dumb bells are highly encouraged! We ask that you hydrate properly before class. This class is for all fitness levels.

\*CONTACT NASTASSIA DIRECTLY FOR PAYMENT INFORMATION AT (305) 458-7939.

\*Mandatory waiver must be signed by both child and parent prior to class entry.

**9:00AM-10:00AM: Body Tone** with Vanesa

**Where:** Fitness Center

**Description:** Vanesa will lead you through a fun workout. Start your Saturday off right! Bring a towel for comfort and water to hydrate.

\*CONTACT VANESA DIRECTLY FOR PAYMENT INFORMATION AT (609) 760-8128

**2:00PM-8:00PM: "Taste of the Islands" Jamaican Cuisine**

**Where:** The Club at Maple Ridge

**Description:** A fan favorite with our residents! This cuisine always puts a smile on everyone's face

#### Sunday June 25<sup>th</sup>

**4:00PM-6:00PM: "Handcrafts for Kids"** with Ana

**Where:** Art Room

**Description:** This is not your average ceramics class. instead, resident lead Ana Arcaya works with a special COLD PORCELEIN that dries quickly and is easier to work with. She will be assisting children 6 & up make special creative designs turned into masterpieces! Parents must attend ages 15 & younger and must sign children in and out of class.

For information about registration please text Ana (954) 270-1433.

#### Monday June 26<sup>th</sup>

**9:30AM-10:30AM: GLAAM** with Rachelle

**Where:** Fitness Center

**Description:** Rachelle Gucwa has created a full-body program that enhances your Glutes, Legs, Arms, Abs, and Mind! "I have been seriously toning up since I started this class. "

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**Description:** Professional European Dancer Misha Moraru has spent his life dedicated to the Art of Dance.

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Skill levels. Singles and couples are welcome.

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**Tuesday June 27<sup>th</sup>**

**6:30PM-7:30PM: Zumba** with Genesis

**Where:** Fitness Center

**Description:** Join us as Genesis makes working out fun! Salsa, Cha Cha, Samba, and more! Bring lots of water to hydrate.

\*CONTACT GENESIS DIRECTLY FOR PAYMENT INFORMATION AT (239) 227-1732

**Wednesday June 28<sup>th</sup>**

**9:30AM-10:30AM: Hot Yoga Sculpt** with Rachelle

**Where:** Fitness Center

**Description:** Take your yoga practice to the next level by going hot! This will take the intensity of your practice to the next level of intensity & in addition you will be sweating; increasing the detox effect so please be sure to hydrate properly and have a light meal prior to taking the class. Light weights can be used for this class!

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**Where:** Lounge

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Miss Janice tutors any age from 5 to adult. Each session is limited to 4 students only. For any inquiries, call Miss Janice at 239-658- 5779 or email at [janice.m.muenz@gmail.com](mailto:janice.m.muenz@gmail.com). Inquire about a few openings Miss Janice might have on other days.

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**Where:** Art Room

**Description:** Start some easy projects with Susan guiding you every step of the way; from finding the best sewing machine to using the right fabrics for the perfect end result!! Email Susan at [sqs1011@comcast.net](mailto:sqs1011@comcast.net) to register.

**6:45PM-7:45PM Yoga Sculpt** with Rachelle

**Where:** Fitness Center



**Description:** Join us for an hour of peace and serenity...Stretch & hold specific poses to balance your energy and clear your mind using free weights for more resistance to tone and sculpt the body.

\*CONTACT RACHELLE DIRECTLY FOR PAYMENT INFORMATION AT (954) 632-0008.

Thursday June 29<sup>th</sup>

**9:30AM-10:30AM: Advanced GLAAM** with Rachelle

**Where:** Fitness Center

**Description:** Just like our regular GLAAM Class but more challenging! This class is specifically for intermediate to advanced fitness levels & for those of you that have been taking Rachelle's Original GLAAM & you are ready to step it up!

\*CONTACT RACHELLE DIRECTLY FOR PAYMENT INFORMATION AT (954) 632-0008.

**6:30PM-7:45PM: Dominos for Adults**

**Where:** The Lounge

**Description:** Take your game time to the next level with other residents that share the same love of the game!

**6:45PM-7:45PM: Stassie Fit DANCE TEAM!** for tweens/teens 9& up with Nastassia

**Where:** Gathering Room

**Description:** This group of teens got their start and found a special bond as our Flash Mob in our Hometown Christmas Show and It has been growing rapidly ever since. The more the merrier!

\*CONTACT NASTASSIA DIRECTLY FOR PAYMENT INFORMATION AT (305) 458-7939.

**6:45PM-7:45PM: Zumba** with Vanesa

**Where:** Fitness Center

**Description:** Join us as Vanesa makes working out fun! Salsa, Cha Cha, Samba, and more! Bring lots of water to hydrate.

Friday June 30<sup>th</sup>

**9:30AM-10:30AM: Hot Yoga** with Rachelle

**Where:** Fitness Center

**Description:** Take your yoga practice to the next level by going hot! This will take the intensity of your practice to the next level of intensity & in addition you will be sweating; increasing the detox effect so please be sure to hydrate properly and have a light meal prior to taking the class.

\*CONTACT RACHELLE DIRECTLY FOR PAYMENT INFORMATION AT (954) 632-0008.



**“ Stay tuned for a Magical Trip in July! ”**