

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

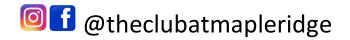
Friday June 2nd

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

Where: Fitness Center

Description: Take your yoga practice to the next level by going hot!1 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 3rd

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 4th

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 5th

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 6th

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

Where: Fitness Center

Description: Take your yoga practice to the next level by going hot!1 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 7th

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!1 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. Inquire about a few openings Miss Janice might have on other days.

5:00PM-6:30PM Sewing Machine Casy 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 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 8th

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 9th

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

Where: Fitness Center

Description: Take your yoga practice to the next level by going hot!1 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.

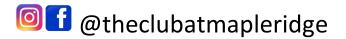
*CONTACT RACHELLE DIRECTLY FOR PAYMENT INFORMATION AT (954) 632-0008.

Saturday June 10th

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.

Monday June 12th

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.

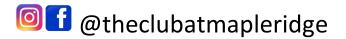
*CONTACT RACHELLE DIRECTLY FOR PAYMENT INFORMATION AT (954) 632-0008

Tuesday June 13th

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

Where: Fitness Center

Description: Take your yoga practice to the next level by going hot!1 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 June14th

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

Where: Fitness Center

Description: Take your yoga practice to the next level by going hot!1 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. Inquire about a few openings Miss Janice might have on other days.

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

Where: Art Room

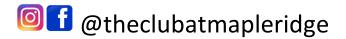
Description: Start some easy projects with Susan guiding you every step of the way; from finding the best sewing machine to using the right fabrics for the perfect end result!! **Email Susan at** sqs1011@comcast.net to register.

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



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 15th

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 16th

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

Where: Fitness Center

Description: Take your yoga practice to the next level by going hot!1 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 17th

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 18th 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.

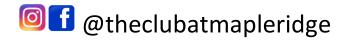
Monday June 19th

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 20th

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

Where: Fitness Center

Description: Take your yoga practice to the next level by going hot!1 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 21st

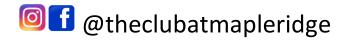
INTERNATIONAL YOGA DAY ! All Yoga Classes today are complimentary!

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

Where: Fitness Center

Description: Take your yoga practice to the next level by going hot!1 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 <u>janice.m.muenz@gmail.com</u>. Inquire about a few openings Miss Janice might have on other days.

5:00PM-6:30PM: Sewing Machine Casy 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 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 22nd

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!

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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 23rd

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

Where: Fitness Center

Description: Take your yoga practice to the next level by going hot!1 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 24th

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 25th

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.

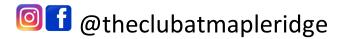
Monday June 26th

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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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: 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.

Tuesday June 27th

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 28th

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

Where: Fitness Center

Description: Take your yoga practice to the next level by going hot!1 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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Where: Art Room

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

Where: Fitness Center

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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 29th

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 30th

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

Where: Fitness Center

Description: Take your yoga practice to the next level by going hot!1 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.

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"Stay tuned for a Magical Trip in July! "