



## 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

# MAY CALENDAR 2023

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

**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: Cardio Fitness Dance Fusion** with Misha Moraru

**Where:** Gathering Room

**Description:** Known for his innovative dance performance & choreography international "Dance Sport" competitive dancer, teacher, and mentor Misha Moraru brings a high intensity aerobic & fitness based cardio exercise dance class while still incorporating his exceptional skill, technique, & footwork into the mix.

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

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

**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 May 3<sup>rd</sup>

**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 New Class! 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.

Thursday May 4<sup>th</sup>

**6:30PM-7:45PM: New Class! 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 May 5<sup>th</sup>

**5:00PM- 7:45PM: Food Vendor Carnival Café aka Mama's Kitchen!!**

**Where:** The Club at Maple Ridge

**Description:** Old time favorites include, Hot dogs, Chips, Cotton Candy. Grilled cheese, kid meals, etc.

**5:45PM-7:15PM: Special Event! Cinco De Mayo Kids' Party Time!** with Miss Lurie

**Where:** Gathering Room

**Description:** Different party activities and stations for kids of ALL ages to enjoy!

**\*Contact Lurie directly to register and for payment information (239) 571-8807**

**\*Waiver must be signed to participate in this class!**



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

**7:00AM-8:00AM: 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.

**8:00AM-9:00AM-Special Class! Full Moon Poolside Yoga!** with Rachelle

**Where:** Poolside

**Description:** Take your practice to the outdoors where Rachelle will guide you through a relaxing & enlightening yoga workout specifically designed for manifesting under the fullness of the moon and being in nature.

**9:00AM-10:00AM: Toning/HIIT** 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 May 7<sup>th</sup>

**4:00PM-5:00PM: "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 May 8<sup>th</sup>

**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.



5:45PM-6:45PM: **Special Event! "Mother's Day Cupcake Decorating"** with Miss Nicole

**\* Kids get to create with parents and/or grandparents!**

**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: **Cardio Fitness Dance Fusion** with Misha Moraru

**Where:** Gathering Room

**Description:** Known for his innovative dance performance & choreography international "Dance Sport" competitive dancer, teacher, and mentor Misha Moraru brings a high intensity aerobic & fitness based cardio exercise dance class while still incorporating his exceptional skill, technique, & footwork into the mix.

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

Tuesday May 9<sup>th</sup>

1:30PM-5:30PM: **NCH BLOOD DONATION van**

**Where:** The Club at Maple Ridge

**Description:** Give blood for our local community! Donations will be brought to NCH Collection site locally.

**\*Appointment is required! Email, Call, or Text!**

**Elizabeth.lara@NCHmd.org or 239.624.6509**

1:00PM- 7:45PM: **Food Vendor Carnival Café aka Mama's Kitchen!!**

**Where:** The Club at Maple Ridge

**Description:** Old time favorites include, Hot dogs, Chips, Cotton Candy. Grilled cheese, kid meals, etc.

5:45PM-7:45PM: **Special Event! Mary Kay Mother's Day Makeover** with Miss Anna Tidwell

**Where:** Art Room

**Description:** Miss Tidwell will walk you through step-by-step skincare and you will receive a free makeup palette with expert hands on instruction from Miss Tidwell.

**\*Optional makeup purchase is available if you so choose. \*Registration is Required for this event!**

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 May 10<sup>th</sup>

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 **Now Class! 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.**

5:00PM- 7:45PM: **Food Vendor Carnival Café aka Mama's Kitchen!!**

**Where:** The Club at Maple Ridge

**Description:** Old time favorites include, Hot dogs, Chips, Cotton Candy. Grilled cheese, kid meals, etc.

5:45PM-7:45PM: **Mother's Day Dance Contest!!**

**Where:** Gathering Room

**Description:** DJ Bam, Special Gala Drink Mocktails, and 1<sup>st</sup> place and runner up Prizes!

Mother and child will be judge on enthusiasm, quality of movement, dance energy & technique!

\* Registration is Mandatory for this event!

Thursday May 11<sup>th</sup>

6:00PM-7:00PM: **SPECIAL EVENT! CREATIVE COLORING CONTEST for Mom & Kids!**

**Where:** Art Room

**Description:** Kids! Take your talents to the next level as a team with your parent! Judging criteria includes creativity, originality, and use of color will be judged.



**6:30PM-7:45PM: New Class! 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:** 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

**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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**Friday May 12<sup>th</sup>**

**5:30PM-6:00PM: Special Class! "Circle Time"** with Nastassia

**Where:** Fitness center

**Description:** Fun interactive class for young children set to kid friendly music and encourages social interaction building self confidence and self esteem

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

**5:30PM-6:00PM: Mom's Gift Giveaway!**

**Where:** Gathering Room

**Description:** A bag of surprise goodies courtesy of Maple Ridge for all moms to enjoy!

Light snack & beverage provided

\*Only REGISTERED RESIDENTS will receive this complimentary gift bag so BE SURE to REGISTER!

**Saturday May 13<sup>th</sup>**

**7:00AM-8:00AM 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.

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**9:00AM-10:00AM Toning/HIIT** 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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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 May 14<sup>th</sup> **HAPPY MOTHER'S DAY!!!**

4:00PM-5:30PM: **Special Class! Mom & Me Mother's Day Handcrafts** with Ana

**Where:** Art Room

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

Mother & 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 mom & 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 May 15<sup>th</sup>

4:30PM-7:45PM: **Food Vendor Carnival Café aka Mama's Kitchen!!**

**Where:** The Club at Maple Ridge

**Description:** Old time favorites include, Hot dogs, Chips, Cotton Candy. Grilled cheese, kid meals, etc.

5:30PM-7:30PM: **Special Event! Alligator Safety Presentation! with Gator Beth**

**Where:** Gathering Room

**Description:** Gator Beth is back to give us all the do's and don'ts of alligator safety and will have a live alligator for the kids to see & feel.

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: **Cardio Fitness Dance Fusion** with Misha Moraru

**Where:** Art Room

**Description:** Known for his innovative dance performance & choreography international "Dance Sport" competitive dancer, teacher, and mentor Misha Moraru brings a high intensity aerobic & fitness based cardio exercise dance class while still incorporating his exceptional skill, technique, & footwork into the mix.

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



Tuesday May 16<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

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

**Where:** Gathering Room

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Wednesday May 17<sup>th</sup>

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.

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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.**

Thursday May 18<sup>th</sup>

6:30PM-7:45PM: **New Class! 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



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Friday May 19<sup>th</sup>

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

**Where:** Art Room

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

Saturday May 20<sup>th</sup>

7:00AM-8:00AM: **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.

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9:00AM-10:00AM: **Toning/HIIT** with Vanesa

**Where:** Fitness Center

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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

Sunday May 21<sup>st</sup>

4:00PM-5:00PM: **"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 May 22<sup>nd</sup>

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.



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6:45PM-7:45PM: *Cardio Fitness Dance Fusion* with Misha Moraru

**Where:** Gathering Room

**Description:** Known for his innovative dance performance & choreography international "Dance Sport" competitive dancer, teacher, and mentor Misha Moraru brings a high intensity aerobic & fitness based cardio exercise dance class while still incorporating his exceptional skill, technique, & footwork into the mix.

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

Tuesday May 23<sup>rd</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

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**Where:** Gathering Room

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

Wednesday May 24<sup>th</sup>

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 *New Class! 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.**

Thursday May 25<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: New Class! 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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**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 May 26<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 May 27<sup>th</sup>**

**7:00AM-8:00AM: 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: Toning/HIIT** 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



1:00PM-2:00PM **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.

12:00PM-8:00PM: **Food Vendor Carnival Café aka Mama's Kitchen!!**

**Where:** The Club at Maple Ridge

**Description:** Old time favorites include, Hot dogs, Chips, Cotton Candy. Grilled cheese, kid meals, etc.

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

4:00PM-5:00PM: **"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.

4:00PM-5:00PM: **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

5:00PM-6:00PM: **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.

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

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.

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.

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**Where:** Gathering Room

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**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 May 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.

**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.



@theclubatmapleridge

Wednesday May 31<sup>st</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 **New Class! 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.**

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.