



@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

MAY CALENDAR 2023

Monday May 1st

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 2nd

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 3rd

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 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 to register.

Thursday May 4th

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 5th

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!**



@theclubatmapleridge

Saturday May 6th

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 7th

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 8th

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.



@theclubatmapleridge

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 9th

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 10th

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 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 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 1st 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 11th

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!

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

Friday May 12th

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 13th

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

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



@theclubatmapleridge

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 14th **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 15th

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 16th

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 17th

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 **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 to register.

Thursday May 18th

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 19th

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 20th

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.

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 21st

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 22nd

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 23rd

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 24th

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 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 to register.

Thursday May 25th

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!

*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 26th

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 27th

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



@theclubatmapleridge

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 28th

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 29th 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. "

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



@theclubatmapleridge

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.

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 30th

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 31st

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. 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 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.