



CLASS DESCRIPTIONS

We offer ½ hour & full hour
Personal Training Sessions!
Visit the Health Club desk
for more details.

<p>ZUMBA® A dance fitness workout incorporating a wide variety of rhythms from around the world. Every class is like a party where the instructor leads the fun! You will burn hundreds of calories in a single hour! Listen to your favorite songs, make new friends, and get in shape.</p>	<p>DEEPLY RELAXING YOGA A session focused on stress release through mindful movements intergrated with the breath. Long guided meditation at the end to erase all tension. Appropriate for all practitioners</p>
<p>BOOTCAMP Outdoor group exercises that physically build and strengthen your fitness level through a variety of intense intervals or circuits. ***Depending on weather conditions may be inside or on Esplanade.***</p>	<p>PILATES is the 'art of controlled movements', which improves flexibility, builds strength and develops control and endurance in the whole human body. It puts emphasis on alignment, breathing, developing a strong core, and improving coordination and balance.</p>
<p>CARDIO BARRE An amped up fat-blasting class will take you to your limits with high-intensity intervals of push-ups, planks, lunges and more. You'll strengthen, lengthen and tone your muscles. Designed for maximum calorie burn, even your sweat will sweat.</p>	<p>RESTORATIVE YOGA a practice designed to release tension, increase flexibility, and enhance optimal movement and breathing patterns. Appropriate for beginners and advanced practioners alike</p>
<p>CARDIO & STRENGTH Is a moderate to intense cardiovascular work out using body weight , weights, bands and other equipment keeping your heart rate up, building strength and endurance incorporating pliometrics, kickboxing and other power moves to improve</p>	<p>YOGA & MEDITATION 40-45 minutes of yogic movement with attention to spinal alignment, hip opening, and tension release in neck and shoulders. 15-20 minutes of breath awareness and meditation techniques including visualization, mantra, and mindfulness.</p>
<p>CYCLING & CORE Indoor cycling an accompanying core workout designed to make you an overall stronger cyclist.</p>	<p>SPIN & PUMP Train all body parts! 45 min of high intensity cycling intervals. 45 min of strength and core using weights bands and mats.</p>
<p>EXPRESS CYCLING An intense 45 minute mixed bag of strenuous spinning! You will be out early enough to enjoy a well deserved healthy lunch!</p>	<p>STRENGTH TRAINING Core based exercises with a focus on functional strength, balance, and flexibility. Workouts may include the use of weights, body bar, tubing, or stability ball.</p>
<p>INDOOR CYCLING is the number one aerobic exercise to drop body fat and weight. During a one hour session, a typical indoor cyclist will expend five to six hundred calories of energy. The Vinoy's four highly trained and certified cycling instructors pride themselves on providing both a safe and fun cycling experience. They particularly enjoy working with new participants, adjusting the bike to their body style, and instructing them on the safe use of the equipment.</p>	<p>TABATA STRENGTH & CARDIO is a high intensity interval workout to improve performance combining cardio and strength in 20 second increments with 10 to 60 recoveries.</p> <p>WATER AEROBICS features functional movement such as mimicking tennis, golf, jogging etc. The movements are incorporated into short bursts of high intensity interval training. All levels are welcome from athletes to seniors and NO swimming skills are necessary.</p>
<p>KID'S HULA HOOPING Join Hoola Monsters creator Abby for a supercharged hula hooping class! Handmade hoops provide a great mechanism for kids to get fit while instilling a sense of leadership, teamwork and confidence. Our hoop dance class includes a variety of <i>tricks, games and exercises suitable for children of all ages.</i></p>	<p>YOGA Learn and practice classical yoga postures, as well as breath work and meditation techniques. You will develop a stronger, more flexible body, and a sharper, calmer mind. Classes revolve around the specific needs of the students and are appropriate for all levels.</p>
<p>KID'S FITNESS Join Abby for full-filled activities like hula hooping, relay races and dance inspired games intended to promote balance, and cardiovascular endurance. Abby is an ACE-Certified group fitness instructor and has been teaching kids fitness for almost a decade.</p>	<p>YOGA FOR ALIGNMENT is based on the Iyengar method and includes instructions on how to strengthen muscular engagement first, then mobilize the joints to align properly in yoga poses. Classes are designed to allow for greater hip and shoulder strengthen with mobility.</p>



For class schedule and availability, please call the Health Club at 727-894-1000 x2857

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