



It's very important to follow reservation policies for group fitness classes. Instructors require a minimum number of attendees in each class. If the class does not reach the minimum required, class will be cancelled.

You now have 2 options to register for a class:

\*Register through the online calendar at [www.theplantationonline.net](http://www.theplantationonline.net)

or

\*Email Sandra Reynolds by [clicking here](#)

### REMINDER...

Please note that there is a limited amount of **fitness equipment** available for certain fitness classes such as mats, blankets and bolsters that are for the convenience of all residents.



Please return them after each use to the place where they belong. Please do not remove them from the fitness room. We encourage that if you attend a fitness class regularly to please bring your own equipment. We thank you in advance for your cooperation.

As a friendly reminder, please comply with the [Fitness Center Rules](#) in order to maintain the gym in good condition and keep it in great shape for your fellow residents.



As a courtesy to anyone waiting to use the treadmills or ellipticals, please limit your time to 30 minutes. Thank you for your cooperation!



## FITNESS CENTER HOURS OF OPERATION



The fitness center is open  
5 a.m. - 9 p.m.  
7 days per week



[Click here for the Fitness Calendar.](#)

## RESERVATION & CANCELLATION POLICY



## PERSONAL TRAINING

The Plantation has a personal trainer that is ready to assist you in your personal health and fitness goals.



Interested in personal training? Feel free to contact Danielle at [chtraining@gmail.com](mailto:chtraining@gmail.com) for any questions you may have or to set up your appointment.

## Golf Fitness Program Offered at Plantation With Titleist Certified Instructor Bernadette Mansfield

Thursday, April 23,  
May 7, 14, 21 & 28

Time: 4 p.m.

Cost: \$50 for the 5 sessions due at the time of registration.



This program, which is certified by the "Titleist Performance Institute," is for any golfer at any level as well as any individual that would like to improve their flexibility and stability. It will address the specific requirements of the body in terms of mobility, posture, flexibility, balance and strength relative to the golf swing.

Attend the 50 minute golf fitness program once a week for 5 weeks and feel the difference in your swing. Please register with Sandra Reynolds at [sreynolds@hamptongolfclubs.com](mailto:sreynolds@hamptongolfclubs.com)  
[Click here](#) for more information.

Reservations for fitness classes must be received by 3 p.m. the day before. Monday class reservations are needed by 3 p.m. the Friday before. Cancellations for fitness classes must be received 24 hours prior to the class to avoid being charged for the class.

## Fitness Tip

### Tips for staying motivated

Fitness doesn't have to be drudgery. These tips can help you add focus and fun to your routine. By Mayo Clinic Staff

Have you ever started a fitness program and then quit? If you answered yes, you're not alone. Many people start fitness programs but stop when they get bored or results come too slowly. Here are seven tips to help you stay motivated.

#### 1. Set goals

Start with simple goals and then progress to longer range goals. Remember to make your goals realistic and achievable. It's easy to get frustrated and give up if your goals are too ambitious. For example, if you haven't exercised in a while, a short-term goal might be to walk 10 minutes a day three days a week. An intermediate goal might be to walk 30 minutes five days a week. A long-term goal might be to complete a 5K walk.

## Save the Date..

### Boot Camp in May

Tuesday & Thursdays

Time: 5:45-6:30 a.m. or 5:45-

6:30 p.m. depending on

how many residents sign up.

Price: \$80 for the 4 weeks.

Instructor: Quincy Dittman

Minimum of 2 participants required per time slot

**FITNESS  
BOT  
CAMP**

The first Plantation Bootcamp was such a success that it will be offered again starting May 5th and run for 4 weeks. This Bootcamp, run by BodyFit instructor Quincy Dittman, is a variety of high intensity cardio and weight training drills that will burn calories, shed fat and improve cardiovascular stamina. **Please RSVP by April 30.** For more information please contact Quincy Dittman at [QFIT4U@gmail.com](mailto:QFIT4U@gmail.com) or 239-292-7255.

## Aquafit

Wednesday

Time | 10 - 10:45 a.m.

\$7 per Class

Reservations Required

Instructor: Bernadette

Mansfield

**No class on Wednesday, April 1, 8 & 15**

This is a water exercise class focused on both cardiovascular and strength benefits. You perform large muscle movements by reaching your arms and lifting your legs in the water, as well as circling your hips and shoulders.



## Piloxing

Wednesday and Friday

Time | 8:45- 9:45 a.m.

\$7 per class

Reservations Required

Instructor: Bernadette

Mansfield



## 2. Make it fun

Find sports or activities that you enjoy, then vary the routine to keep you on your toes. If you're not enjoying your workouts, try something different. Join a volleyball or softball league. Take a ballroom dancing class. Check out a health club or martial arts center. Discover your hidden athletic talent. Remember, exercise doesn't have to be drudgery - and you're more likely to stick with a fitness program if you're having fun.

## 3. Make physical activity part of your daily routine

If it's hard to find time for exercise, don't fall back on excuses. Schedule workouts as you would any other important activity. You can also slip in physical activity throughout the day. Take the stairs instead of the elevator. Walk up and down sidelines while watching the kids play sports. Pedal a stationary bike or do strength training exercises while you watch TV at night.

## 4. Put it on paper

Are you hoping to lose weight? Boost your energy? Sleep better? Manage a chronic condition? Write it down. Seeing the benefits of regular exercise on paper may help you stay motivated. You may also find it helps to keep an exercise diary. Record what you did during each exercise session, how long you exercised and how you felt afterward. Recording your

**No class on Wednesday, April 1, 8, & 15 and on Friday, April 3, 10 & 17.**

It's an exercise class that blends the muscle sculpting of standing Pilates, the strengthening and cardio of boxing and the fun of dance into a high energy interval workout. The fusion of these disciplines keeps the classes feeling new and fun but are all rooted in core centered technique and therefore complement each other perfectly.

**A minimum of 3 participants is required for each class.**

## Inspiration & Expression Yoga with Connie Gallo

Monday and Wednesday

Time | 10 -11:30 a.m.

The class is \$13.00 drop-in and \$110.00/ 10 class cards

Reservations Required



Yoga is great because improves your flexibility, circulation, strength and balance. It also increases your metabolism and energy levels resulting in weight loss and the improvement of your posture and alignment of your spine. It puts a spring in your step, gives a luster to your skin and a sparkle in your eye.

## Yoga

Monday | 4:30- 5:30 p.m.

Friday | 10 a.m.

Price: \$8

Reservations Required

Instructor: Bernadette Mansfield

**No class on Monday, April 6, 13 and on Friday, April 3, 10 & 17.**



Yoga is an ancient art based on a harmonizing system of development for the body, mind, and spirit. The practice of yoga makes the body strong

efforts can help you work toward your goals - and remind you that you're making progress.

### **5. Join forces with friends, neighbors or others**

You're not in this alone. Invite friends or co-workers to join you when you exercise. Work out with your partner or other loved ones. Play soccer with your kids. Organize a group of neighbors to take fitness classes at a local health club.

### **6. Reward yourself**

After each exercise session, take a few minutes to savor the good feelings that exercise gives you. This type of internal reward can help you make a long-term commitment to regular exercise. External rewards can help, too. When you reach a longer range goal, treat yourself to a new pair of walking shoes or new tunes to enjoy while you exercise.

### **7. Be flexible**

If you're too busy to work out or simply don't feel up to it, take a day or two off. Be gentle with yourself if you need a break. The important thing is to get back on track as soon as you can.

Now that you've regained your enthusiasm, get moving! Set your goals, make it fun and pat yourself on the back from time to time. Remember, physical activity is for life. Review these tips whenever you feel your motivation slipping.

and flexible, it also improves the functioning of the respiratory, circulatory, digestive, and hormonal systems.

## **Body Fit**

**Wednesday | 4:45 p.m.**

**Saturday | 9:00 a.m.**

**\$7 per Class**

**Reservations Required**

**Instructor: Quincy Dittman**



This is a moderate paced aerobics class consisting of timed stations.

All forms of exercise complement each other. Burn fat, strengthen your heart and increase your daily energy level safely and effectively.

**A minimum of 3 participants is required for this class.**

## **Tai Chi**

**Instructor: Andy Galan**

**No classes in April.**



Tai chi, also called tai chi chuan, is an ancient Chinese tradition that is practiced today as a graceful form of exercise. It involves a series of movements performed in a slow, focused manner and accompanied by deep breathing. This is a noncompetitive, self-paced system of gentle physical exercise and stretching. Each posture flows into the next without pause, ensuring that your body is in constant motion.

Medical research has found evidence that tai chi is helpful for improving balance and for general psychological health and that it is associated with general health benefits in older people.

**A minimum of 3 participants is required for this class.**

