



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 have two options to register for a class:
Register through the online calendar at www.theplantationonline.net
or Email Sandra Reynolds by [clicking here](#)

FITNESS CENTER
HOURS OF
OPERATION



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

REMINDER...

As a courtesy to all of the residents and for the gym's hygiene please wipe down the equipment after each use.

Thank you for your cooperation!



Please do not leave your personal belongings unattended. Please note lockers are available for daily use. The association is not responsible for any loss or damage.



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.





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

RESERVATION & CANCELLATION POLICY



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

Be Safe in the Heat
If the temperature is lower than 80°F (27°C), you usually can be active outside without taking extra precautions. It depends on how active you already are and how used to hot weather you are.

Body Fit Strength and Tone:

Wednesday | 4:45 p.m.

A weight training class designed to build strength and tone muscles for all levels of fitness.



Body Fit Circuit Fun:

Saturday | 9 a.m.

Start your day with an upbeat and fun workout that takes you through timed circuits working the whole body. This class incorporates low to moderate impact cardiovascular movement as well as challenges your balance using various equipment.

\$7 per Class

Reservations Required

Instructor: Quincy Dittman

A minimum of three participants is required for these classes.

Tai Chi

Thursday 8:45-9:45 a.m.

Price:\$8

Reservations Required

Instructor: Andy Galan



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.

But anytime you exercise, it's a good idea to take these normal precautions:

- Drink plenty of water. This is very important when it's hot out and when you do intense exercise.

- Don't exercise as hard when it's hot. Take rest breaks. Exercise more slowly than usual or for a shorter time.

- Stay in the shade when you can.

- Avoid exercising during the hottest times of the day.

- Wear light-colored, breathable clothes.

- Watch for signs of heat exhaustion, such as nausea, dizziness, cramps, and headache. If you notice any signs, stop your activity right away, cool off, and drink fluids.

When the temperature gets above 80°F (27°C), consider the heat and the humidity. Both can put you at risk for heat-related illness. The hotter or more humid it is, the higher your risk. For example, if the humidity is 60%

A minimum of three participants is required for this class.

Piloxing

Wednesday

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

\$7 per class

Reservations Required

Instructor: Bernadette Mansfield



No class in September

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.

Yoga

Wednesday | 10 a.m.

Price: \$8

Reservations Required

Instructor: Bernadette Mansfield



No class in September

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

A minimum of 3 participants is required for each class.

moderate):

- Be careful when you exercise in temperatures of 80°F (27°C) to 85°F (29°C). Find shade, take regular breaks, and drink plenty of fluids.

- Experts advise being extremely careful between about 85°F (29°C) and 91°F (32.8°C).

- Conditions are considered extremely dangerous at temperatures over 91°F (32.8°C).

When it is more humid, you should be careful at even lower temperatures. Higher humidity can make it feel hotter, since your body cannot cool off as well by sweating. This puts you at a greater risk for illness.

Older adults and children are at a higher risk for heat-related illness and should be extra cautious. Remind children to drink plenty of fluids before, during, and after activity.

Aquafit

No Aqua Fit in September

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.



Inspiration & Expression Yoga with Connie Gallo

No class in September.

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.

