

February Fitness



NOCATEE
PONTE VEDRA • FLORIDA

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Cardio Step 9:00AM Line Dancing 11:00AM Yoga Flow & Restore 6:00PM	2 Circuit 9:00AM Pilates & Yoga Fusion 11:00AM	3 Zumba/Cardio Dance 9:30AM Pilates & Yoga Fusion 11:00AM Barre 12:00PM
4 Weekend Yoga 10:30AM	5 Cardio, Tone, & Core 9:00AM Gentle Yoga 12:00PM Zumba 6:00PM	6 Body Blast 9:00AM Line Dancing 11:00AM Zumba 6:30PM	7 Circuit 9:00AM Swim Technique & Training 11:30AM Gentle Yoga 12:00PM Zumba/Cardio Dance 6:00PM	8 Cardio Step 9:00AM Line Dancing 11:00AM Yoga Flow & Restore 6:00PM	9 Circuit 9:00AM Pilates & Yoga Fusion 11:00AM	10 Zumba/Cardio Dance 9:30AM Pilates & Yoga Fusion 11:00AM Barre 12:00PM
11 Weekend Yoga 10:30AM	12 Cardio, Tone, & Core 9:00AM Gentle Yoga 12:00PM Zumba 6:00PM	13 Body Blast 9:00AM Line Dancing 11:00AM Zumba 6:30PM	14 No Classes. Fitness Center Closed All Day!	15 Cardio Step 9:00AM Line Dancing 11:00AM Yoga Flow & Restore 6:00PM	16 Circuit 9:00AM Pilates & Yoga Fusion 11:00AM	17 Zumba/Cardio Dance 9:30AM Pilates & Yoga Fusion 11:00AM Barre 12:00PM
18 Weekend Yoga 10:30AM	19 Gentle Yoga 12:00PM Zumba 6:00PM	20 Body Blast 9:00AM Line Dancing 11:00AM Zumba 6:30PM	21 Circuit 9:00AM Swim Technique & Training 11:30AM Gentle Yoga 12:00PM Zumba/Cardio Dance 6:00PM	22 Cardio Step 9:00AM Line Dancing 11:00AM Yoga Flow & Restore 6:00PM	23 Circuit 9:00AM Pilates & Yoga Fusion 11:00AM	24 Zumba/Cardio Dance 9:30AM Pilates & Yoga Fusion 11:00AM Barre 12:00PM
25 Weekend Yoga 10:30AM	26 Cardio, Tone, & Core 9:00AM Gentle Yoga 12:00PM Zumba 6:00PM	27 Body Blast 9:00AM Line Dancing 11:00AM Zumba 6:30PM	28 Circuit 9:00AM Gentle Yoga 12:00PM Zumba/Cardio Dance 6:00PM	29 Cardio Step 9:00AM Line Dancing 11:00AM Yoga Flow & Restore 6:00PM		

Fitness participants must have a fitness card in order to participate in fitness classes. Purchase a fitness card at Resident Services Monday - Friday from 8:00 am- 5:00 pm. Cards do not expire and can be used for any class. Resident Fee \$50 - 12 classes per card. Email Fitness@nocatee.com or call Resident Services at (904)-924-6850 for information about Fitness classes and/or Personal Training classes.