



## Events and Activities

- CGAC Cibo Members Mixer @ Cibo Wine Bar  
THURSDAY DECEMBER 5 - 7PM

- CGAC Yoga w/ Jeanette @ Athleta Store  
Village of Merrick Park  
SATURDAY DECEMBER 14 - 9AM

- CGAC Christmas Tennis Adults Mixer  
SUNDAY DECEMBER 15 - 10AM

- CGAC Complimentary Members Tennis Clinic  
SUNDAY DECEMBER 22 - 10AM

- CGAC Run Club w/ Ben  
SATURDAYS - 930AM

## December 2013 - Pool Closures

Sunday, December 08 - Pool closes at 4:30pm

Saturday, December 28 - Pool closes at 4:30pm

## Holiday Closures

Tuesday December 24 - 8am to 5pm

Wednesday December 25 - Closed

Tuesday December 31 - 8am to 5pm

Wednesday January 1 - Closed

## Coral Gables Athletic Club Aerobic Classes - December 2013

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	7am Bootcamp w/ Ben	8am Yoga w/ Jeanette	7am Bootcamp w/ Ben	8am Yoga w/ Jeanette		8am Bootcamp w/ Freddy
	9am Pilates w/ Celina	9am Body Tone w/ Freddy	9am Pilates w/ Celina	9am Body Tone w/ Freddy	9am Pilates w/ Brandi	9am Yoga w/ Jeanette
						9:30am CGAC Run Club w/ Ben
10am (December 22) Tennis Clinic		10am Spinning* w/ Guido	10am Aqua-Power w/ Betty	10am Spinning* w/ Guido	10am Aqua Power w/ Betty	10am Spinning* w/ Desiree
		6pm Swim-Pro w/ Jim		6pm Swim-Pro w/ Jim		
	6pm bodyART Atrium w/ Ewa	6pm Martial Fusion w/ Guillermo		6pm bodyART w/Ewa		
	6:30pm Cross Training w/ Ben	6:30pm Bootcamp w/ Freddy	6:30pm Cross Training w/ Ben	6:30pm Bootcamp w/ Freddy		
	7pm Spinning* w/ Desiree	7pm Spinning* w/ Guido	7pm Spinning* w/ Desiree	7pm Spinning* w/ Guido		
	7:30pm Kickboxing w/ Guido	7:30pm Boxercise w/ Freddy	7:30pm Kickboxing w/ Guido	7:30pm Boxercise w/ Freddy		

\* Additional fees apply. Contact the CGAC for details.



## ATHLETIC CLUB HOURS OPEN 7 DAYS A WEEK

### TENNIS COURTS

MONDAY-FRIDAY: 8:00 AM - 12:00 PM & 1:00 PM - 6:00 PM

SATURDAY-SUNDAY: 8:00 AM - 12:00 NOON & 1:00 PM - 3:00 PM

RESERVATIONS REQUIRED 24 HOURS IN ADVANCE

305-448-9004 · NLTENNIS@YAHOO.COM

WWW.NLTENNIS.COM

### GYM

WEEKDAYS: 6:00 AM - 10:00 PM\* WEEKENDS: 8:00 AM - 8:00 PM\*

\*GYM WILL CLOSE HALF HOUR PRIOR IF NO MEMBERS ARE PRESENT.

### POOL

MONDAY: 12 - 7PM | TUESDAY - THURSDAY: 8AM - 7PM

FRIDAY - SUNDAY: 8AM - 5:30PM

\*MAY CLOSE EARLIER FOR EVENTS

ALL MEMBERS ARE ASKED TO CHECK THE WEBSITE OR ATHLETIC CLUB CALENDAR FOR REVISED TIMES. THE GYM FACILITY, POOL, OR TENNIS COURTS, AT THE DISCRETION OF MANAGEMENT, MAY CLOSE EARLY FOR MAINTENANCE OR FOR EVENTS.

## CLASS DESCRIPTIONS

**AQUA POWER:** Increase coordination, agility and your overall fitness level in this Aqua Power class. You will keep working, moving and training hard by combining challenging cardio training and strength training. Experience power and maximum muscular endurance in this intense aquatic conditioning.

**AQUA TONE:** Aquatone uses both the deep and shallow areas of the pool to give you a great low-impact workout. Instructors will use a variety of class formats and equipment to help increase cardiovascular endurance, muscle strength, tone and flexibility.

**BODYART:** BodyART® perfectly combines functional training and classical breathing techniques to create synergy of physical training with mental relaxation. The ultimate aim of bodyART® training is to ensure the correct functioning of the entire body through strengthening and stabilizing all aspects of human movement. A beautiful and challenging workout that regards the human being as a bonding of three factors: body, mind and soul. It is designed to push your physical and mental limits.

**BODYART ATRIUM:** BodyART® This exclusive bodyART class is hosted at the beautiful Atrium room, located in front of the CGAC pool. The Atrium room decor, peaceful surroundings and pool views, set the tone for total focus and relaxation.

**BODY TONE:** The Body Tone workout concentrates on all major muscle groups using calisthenics, steps, body bars, exertubes, and light dumbbells to provide varying resistance.

**BOOT CAMP –** An outdoor group exercise class that mixes traditional callisthenic and body weight exercises with interval training and strength training. This class is designed to make you sweat and pushes you similar to a military style boot camp. It incorporates pushups, plyometrics, interval training, squats, lunges, squat thrusts or burpees, speed training with sprints while promoting core strength.

**BOXERCISE:** Learn the basic punches, correct footwork, & basic patterns of movement. Burn 400-600 calories per workout as you improve cardiovascular conditioning, core strength, functional strength and basic technique.

**CGAC RUNNING CLUB:** The running club will meet at the Coral Gables Athletic Club parking lot where stretching and warm ups will be conducted before our run around the beautiful Granada Golf course.

**CROSS TRAINING:** A combination of cardiovascular and strength movements that build strength and conditioning through extremely varied and challenging workouts. Each class will test different parts of your functional strength and conditioning, not specializing in one particular thing, but rather with the goal of building and working the entire body.

**KICKBOXING:** The workout incorporates functional movement focused on training your core, basic punches, correct footwork, & basic patterns of movement. It is a fun aerobic experience that helps promote weight loss, increase endurance, improve coordination, and is motivating.

**MARTIAL FUSION:** A unique training system created by sensei Guillermo Gomez that fuses Aikido, Cardio Kickboxing, Karate, Yoga, Qigong and Zen Meditation into one complete discipline for self-development and total fitness.

**PILATES:** A body conditioning routine that helps build flexibility and long, lean muscles, strength and endurance in the legs, abdominals, arms, hips, and back. It puts emphasis on spinal and pelvic alignment, breathing to relieve stress and allow adequate oxygen flow to muscles, developing a strong core or center (tones abdominals while strengthening the back), and improving coordination and balance.

**SPINNING\*:** This class combines high intensity, non-impact training and will work your legs, glutes, heart, lungs and sweat glands like they've never been worked before! Our classes are set to heart-pumping music, intense lighting effects and feature changes in speed and intensity. Over 600 calories can be burned during one session on our top of the line StarTrac Spinner Blades!

**SWIM-PRO:** This performance based swimming class is designed to make you a faster, more efficient swimmer. Interval training, kicking, and swimming drills are incorporated to improve your speed and endurance. Land based stretching and core work is also included. This class will improve your aerobic fitness, flexibility, and overall state of health and well-being. This class is for members 13 and up. Participants must be able to swim a minimum of 100 yards.

**YOGA (LEVEL 1: BEGINNERS):** A variation of Hatha and Restorative Yoga. Simple and basic postures for all levels. Being able to sit on the floor is a must. This type of yoga fortifies and helps to stretch all muscles and at the same time relax the whole body. Less effort is done with the help of props such as bolsters, straps and blocks and with the help of gravity helps to release tension and relax the body and mind.

**YOGA (LEVEL 2: INTERMEDIATE):** This class encompasses Hatha Yoga and Vinyasa Yoga. This class fortifies, stretches and balances the body using postures and techniques such as breathing exercises, meditation and concentration. This helps sync the body, mind and spirit. Develops Stamina and endorphins. Good for all type of athletes.

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