

ZUMA

BORN FROM THE MEDITERRANEAN
SPIRIT OF PEACE AND BALANCE

HOURS OF OPERATION

Monday - Thursday 6 am - 8 pm

Friday - Saturday 6 am - 7 pm

Sunday 7 am - 6 pm

(Holiday hours will vary)

850.213.5678 | alysbeach.com

88 North Castle Harbour Drive, Alys Beach, FL 32461

CLASS SCHEDULE

ZUMA

WELLNESS CENTER

CLASS SCHEDULE: Week of June 10

MONDAY:

8:00 - 9:00 AM	Vinyasa Vibe, Recovery Room (DL)
9:00 - 10:00 AM	JR Tennis Clinic (<i>Ages 6 and Over</i>)
9:00 - 10:00 AM	Boxing, Movement Room (JC)
10:30 - 11:30 AM	TRX Strong, Movement Room (PH)
5:00 - 6:15 PM	Restorative Yoga, Recovery Room (DL)

TUESDAY:

6:30 - 7:30 AM	TRX Burn, Movement Room (PH)
7:30 - 8:30 AM	XPT, Zuma Pool (SM)
8:00 - 9:00 AM	Vinyasa Vibe, Recovery Room (DL)
9:00 - 10:00 AM	Kickboxing, Movement Room (JC)
9:00 - 10:30 AM	ABC Kids Camp, On the Green (SM) (<i>Ages 6 and Over</i>)
9:00 - 10:30 AM	Tennis Clinic
11:30 - 12:30 PM	Yoga Basics, Movement Room (CC) (<i>Complimentary</i>)

WEDNESDAY:

8:00 - 9:00 AM	Vinyasa Vibe, Recovery Room (DL)
9:00 - 9:45 AM	SPIVI Cycle Experience, Movement Room (<i>Complimentary</i>)
9:15-10:15 AM	Vinyasa Flow, Recovery Room (RS)

THURSDAY:

6:30 - 7:30 AM	TRX Strong, Movement Room (PH)
7:30 - 8:30 AM	XPT, Zuma Pool (SM) - CANCELED
8:00 - 9:00 AM	Vinyasa Vibe, Recovery Room (DL)
9:00 - 10:30 AM	ABC Kids Camp, On the Green (SM) (<i>Ages 6 and Over</i>) - CANCELED
9:00 - 10:30 AM	Tennis Clinic
9:00 - 10:30 AM	Combo TRX + Flexibility training (\$50) TRX Burn, Movement Room (PH) Flexibility Training, Movement Room (CC)
5:30 - 6:30 PM	Yoga Bootcamp, Recovery Room (CC)

FRIDAY:

8:00 - 9:00 AM	Yoga on The Green (CC)
9:00 - 10:00 AM	Boxing, Movement Room (JC)
9:15 - 10:15 AM	Vinyasa Flow, Recovery Room (RS)

SATURDAY:

8:00 - 9:00 AM	Boxing, Movement Room (JC)
9:15 - 10:15 AM	TRX Bootcamp, Movement Room (PH)
9:15 - 10:15 AM	Vinyasa Flow, Recovery Room (RS)
10:45 - 11:30 AM	SPIVI Cycle, Movement Room (<i>Complimentary</i>)

SUNDAY

9:00 - 10:00 AM	Yoga Bootcamp, Recovery Room (CC)
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INSTRUCTORS

John Chapman (JC)

Private Training, Boxing, TRX Bootcamp

Courtney Connell (CC)

Yoga Classes and Private Instruction

Patrick Hoffner (PH)

Head Fitness Pro
TRX, Private Training, BOGAFIT

Dannica Lowery (DL)

Yoga Classes and Private Instruction

TJ Middleton

Director of Fitness and Tennis

Courtenay Chapman Middleton

Head Tennis Pro

Sean Miller (SM)

Private Training, XPT, Kids Fitness Camp

Rebecca Simmons (RS)

Yoga Classes and Private Instruction

**To book classes, call 850.213.5678
or email zuma@alysbeach.com.**

Should you need to cancel or reschedule, please notify us at least 24 hours in advance. If not done within this period, we reserve the right to charge the full amount of the scheduled appointment.