

Fitness Menu

Fitness Assessment

Our certified Personal Trainer will calculate body fat percentage, body mass index, conduct cardio fitness evaluation, test your muscular strength and your muscular endurance as well as your flexibility.

This assessment provides a basic fitness evaluation intended to provide a baseline for a beginning fitness program.

60-min \$95

Personal Training Sessions

50-min \$65
30-min \$45
10 50-min sessions \$585
10 30-min sessions \$405

Basic Training Package

3–45 minute sessions to get you started.

An easy to follow program will be created for you.
\$150.00

Tandem Training

Train with a friend and Save!

50 minutes \$45.00 per person

One-on-One

Yoga, Pilates, or Spin Session

1 hour \$85

12 Week Program

Ask about our 12 week training program which includes 4 sessions per week along with a fitness evaluation, progress monitoring, and healthy eating guidelines.

12 week program \$2,200.00

Golf Fitness

Increase strength, stability, mobility and reduce injuries with a customized golf fitness program. Our trainers will assess your fitness level and customize a personal golf specific program which may be easily incorporated into your daily routine.

50-min \$95

Golf Stretch

Learn golf specific stretching techniques to increase flexibility, distance off the tee and reduce injuries. One on one instruction.

30 -min \$45

Fitness Classes

\$15.00 per class for guests

Advance appointments are advised to insure personal trainer availability for one on one training.

All Day Spa Facility Use Included in All Fitness Services except a Fitness Class.

FITNESS INSTRUCTORS & PERSONAL TRAINERS

BEVERLY JUND began her fitness career as a Belly Dancer in the early 1990's. Her Active Isolated Stretching, personal training, Pilates, spinning, and yoga sessions emphasize core strength, body alignment and the mind/body connection. Beverly believes these to be powerful tools in achieving optimal health and fitness.

DEBRA JAMES is an ACE Certified Personal Trainer and Certified Fitness Nutrition Specialist with 25 years of fitness experience. Debra is a former body building champion and her specialty is weight loss support and one-on-one personal training. Her comprehensive approach to fitness includes sound nutrition principles, strength, endurance and flexibility.

DIANE O'DONOGHUE teaches a Hatha style yoga class linking several poses together to create strength, flexibility, endurance, and balance while practicing breathing, feeling, listening to the body, letting go of competition, judgment, and expectations and staying in the present moment.

DIDIER RAZON began practicing yoga asanas in Casablanca, Morocco, where he grew up. In 1985, he had the great fortune to meet Gurumayi Chidvilasananda in Ganeshpuri, India. Didier is an Anusara affiliated teacher. He is also a certified Sivananda, Sri Mahesh, Siddha Yoga, and Hatha Yoga teacher.

JUDY DARBY grew up in South America. She is a member of IDEA and ACE as well as certified by Zumba fitness. She has been an instructor and Personal Trainer for 21 years instructing in Brazil, Japan, Philadelphia, Hong Kong and Ponte Vedra Beach. Her passion is to motivate Zumba participants to optimize their fitness level.

JANUARY FITNESS CLASS SCHEDULE



the spa
at Sawgrass

touch. mind. body. soul.

GET FIT

**THE SPA AT SAWGRASS
1000 PGA TOUR BLVD
PONTE VEDRA BEACH, FL
32082**

**CONTACT: DEBRA JAMES
PHONE: 904-674-4772
EXT 6164**

**MON-FRI 6:00 AM-8:00 PM
SAT & SUN 8:00 AM-8:00 PM**

FITNESS CLASS DESCRIPTIONS

CORE STRENGTH—accents core work which includes abdominals oblique's, and muscles of the low back. Also targeted are the large muscle groups which radiate from the core. This class is a great “lead in” class for any cardio work out routine.

CYCLING— get heart healthy with a class designed to introduce you to indoor cycling. Advanced “spinners” are always welcomed! Learn to use your current condition and ability and improve your cardio fitness level.

PILATES – A core conditioning class designed to lengthen while strengthening individual muscle groups. This dynamic class will improve balance while strengthening the abdomen and lower back muscles. An ideal workout to sculpt long lean muscles, emphasizing a full-range of motion and core conditioning. All fitness levels welcome.

YOGA - The secret to health and vitality. This Hatha form of yoga is perfect for the beginner, emphasizing the importance of breathing, feeling and listening to your body. Hatha yoga renews & invigorates the body through lengthening and strengthening muscles, joints and spine.

STRETCH— a full body head to toe stretch . Learn techniques for myofascial release. Gain flexibility and increase range of motion.

TAI CHI—enjoy the ancient art of tai chi and reduce stress. The gentle movements will help to improve breathing, balance and posture.

ZEN SPIN— 30 minutes of cardio healthy indoor cycling followed by 30 minutes of relaxation yoga. All levels are welcome.

ZUMBA— a fusion of Latin and international music-dance themes that create a dynamic, exciting fitness system. The routine feature aerobic/fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body.

**Guests-\$15 per class
Members are complimentary**

**Classes are approximately 50 minutes long
unless noted otherwise.**

JANUARY							
Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:00am	Yoga Diane		Yoga Gail		Gentle Yoga Stretch Diane		
8:00 am 8:30 am		Stretch Debra 8:30 am		Stretch & Tone Madaline 8:30 am	Zen Spin Andre 8:30 am	Spin Andre 8:00am	
9:00am 9:30 am	Hips, Legs and Glutes (Includes Core) Debra 9:00am	Spin Kelly 9:30 am Begins January 10	Low Impact Cardio Judi 9:00 am New Time (formerly Zumba)	Spin Kelly 9:30 am	Kettlebells & Joint Mobility Kurt 9:00 am New Class!!	Zen Spin Andre 9:00 am	Kettlebells & Joint Mobility Kurt 9:00am New Class!!
10:00 am 10:30am	Spin Michele 10:00 am		Chest, Arms & Back (Includes Core) Debra 10:00 am			Yoga Didier 10:30 am	Pilates Beverly 10:00 am 90 min
CHECKERBOARD SEPARATOR							
6:00 pm 6:30 pm	Tai Chi Dennis 6:00 pm	Yoga Diane 6:30pm	Pilates Judy 6:00 pm	Yoga Diane 6:30pm			

All classes are subject to change due to unforeseen circumstances. Thanks for your understanding.