



April 2014

SUN MON TUE WED THU FRI SAT

Fitness Tennis Golf Spa Grille Management \$-Fee Associated		1 Women's Golf Day 9 AM Gentle Yoga Flow with Sita \$ 10:15 AM Stretch & Tone with Kim 3-5 PM TB Happy Hour 5-8 PM Spaghetti Night	2 Men's Golf Day 8:30 AM Woman's Round Robin 9:30 AM Gentle Yoga Flow \$ 11 AM Indoor Cycling with Kim 1 PM New Member mtg. 3-6 PM TB Happy Hour	3 8:30 AM Men's Round Robin 10 AM Body Barre with Kim 11 AM All Core Class with Marissa 3-6 PM TB Happy Hour 4:30 PM TB Book Club	4 8:30 AM Stroke of The Day Clinic with Shawn \$ 9 AM Intermediate Yoga \$ 10 AM Pilates Fusion with Lisa \$ 12:30 PM Indoor Cycling 3-5 PM TB Happy Hour 5-8 PM Fish Fry Night	5 10 AM Social Mixed Double Mixer 10 AM Aqua Aerobics Club 3-8 PM TB Happy Hour
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	6 3-6 PM TB Happy Hour	7 8:30 AM Men's Round Robin 8:30 AM Ladies Round Robin 9:30 AM Mat Pilates \$ 3-6 PM TB Happy Hour 4 PM Intro to Fitness	8 Women's Golf Day 10:15 AM Stretch & Tone with Kim 4 PM Free Throw/ Horse Club Championships 3-5 PM TB Happy Hour 5-8 PM Spaghetti Night	9 Men's Golf Day 8:30 AM Woman's Round Robin 9:30 AM Gentle Yoga Flow \$ 11 AM Indoor Cycling with Kim 4 PM Free Throw/ Horse Club Championships 3-6 PM TB Happy Hour	10 8:30 AM Men's Round Robin 10 AM Body Barre with Kim 11 AM All Core Fitness with Marissa 4 PM Free Throw/ Horse Club Championships 3-6 PM TB Happy Hour	11 8:30 AM Stroke of The Day Clinic with Shawn \$ 9 AM Intermediate Yoga \$ 10 AM Pilates Fusion with Lisa \$ 12 PM RSVP Spring Renewal Party \$ 12:30 PM Indoor Cycling 3-5 PM TB Happy Hour 5-8 PM Fish Fry Night	12 10 AM Social Mixed Double Mixer 10 AM Aqua Aerobics Club Golf Member/Member 3-8 PM TB Happy Hour
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	13 Golf Member/Member 3-6 PM TB Happy Hour	14 8:30 AM Men's Round Robin 8:30 AM Ladies Round Robin 9:30 AM Mat Pilates \$ 1 PM New Member Mtg. 3-6 PM TB Happy Hour 4 PM Intro to Fitness	15 Women's Golf Day 10:15 AM Stretch & Tone with Kim 3-5 PM TB Happy Hour 5-8 PM Spaghetti Night	16 Men's Golf Day 8:30 AM Woman's Round Robin 9:30 AM Gentle Yoga Flow \$ 11 AM Indoor Cycling with Kim 3-6 PM TB Happy Hour	17 8:30 AM Men's Round Robin 10 AM Body Barre with Kim 11 AM All Core Class with Marissa 2PM: Hurricane Preparedness Meeting 3-6 PM TB Happy Hour	18 8:30 AM Stroke of The Day Clinic with Shawn \$ 9 AM Intermediate Yoga \$ 10 AM Pilates Fusion 12 PM Nutrition w/ Marissa \$ 12:30 PM Indoor Cycling with 3-5 PM TB Happy Hour 5-8 PM Fish Fry Night	19 10 AM Social Mixed Double Mixer 10 AM Aqua Aerobics Club 3-8 PM TB Happy Hour
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	20 11-3 Easter Sunday Brunch 3-6 PM TB Happy Hour	21 8:30 AM Men's Round Robin 8:30 AM Ladies Round Robin 9:30 AM Mat Pilates \$ 4 PM Intro to Fitness 3-6 PM TB Happy Hour	22 Women's Golf Day 10:15 AM Stretch & Tone with Kim 3-5 PM TB Happy Hour 5-8 PM Spaghetti Night	23 Men's Golf Day 8:30 AM Woman's Round Robin 9:30 AM Gentle Yoga Flow \$ 11 AM Indoor Cycling with Kim 3-6 PM TB Happy Hour	24 8:30 AM Men's Round Robin 10 AM Body Barre with Kim 11 AM All Core Class with Marissa 3-6 PM TB Happy Hour	25 8:30 AM Stroke of The Day Clinic with Shawn \$ 9 AM Intermediate Yoga \$ 10 AM Pilates Fusion \$ 12:30 PM Indoor Cycling 3-5 PM TB Happy Hour 5-8 PM Fish Fry Night	26 10 AM Social Mixed Double Mixer 10 AM Aqua Aerobics Club 3-8 PM TB Happy Hour
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	27 3-6 PM TB Happy Hour	28 8:30 AM Men's Round Robin 8:30 AM Ladies Round Robin 9:30 AM Mat Pilates \$ 1 PM New Member Mtg. 3-6 PM TB Happy Hour 4 PM Intro to Fitness	29 Women's Golf Day 10:15 AM Stretch & Tone with Kim 3-5 PM TB Happy Hour 5-8 PM Spaghetti Night	30 Men's Golf Day 8:30 AM Woman's Round Robin 9:30 AM Gentle Yoga Flow \$ 11 AM Indoor Cycling with Kim 3-6 PM TB Happy Hour			
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Treviso Bay
Villa Rilassare:
9323 Treviso Bay Blvd
Naples, FL 34113
239-228-7027

Management Office:
Monday- Friday
9:00 AM- 5:00 PM
239-228-7027

Golf Pro Shop:
10:00 AM- 5:00 PM
239-331-2052

Community Pools: Dawn to Dusk

Tennis Pro Shop:
Monday- Friday
8:00 AM- 5:00 PM
Saturday
8:00 AM- 1:00 PM
239-228-7027

Fitness Center
24 Hour Access with TB
Membership Card
239-228-7027

Treviso Bay Grille:
Monday- Sunday
Grille 11:00 AM- 4:00 PM
Bar 11:00 AM- 6:00 PM
239-228-7027

Spa:
Monday- By Appointment Only
Tuesday- Friday
10:00 AM- 4:00 PM
Saturday- By Appointment Only
239-228-7026

INDOOR CYCLING CLASS

Tone up and lean out with this fun and heart pumping spinning class. Spinning is a two-for-one powerhouse workout, coupling cardiovascular endurance with muscular endurance by manipulating the resistance on the fly wheel, activating muscles throughout the entire body with a particular emphasis on the legs and core. This workout uses music to separate your intervals for 45 minutes followed by a recovery cool down and stretching. Please arrive 10 minutes early for proper bike set up. Don't forget water to hydrate during class!!!! Sign up is required to participate at 8:00 am Monday for Wednesday's class and 8:00 am Wednesday for Friday's class in the Fitness center office.

BODY BARRE CLASS

This ballet inspired class corners the market for lean sculpted legs and core stability. Barre classes target muscles like you've never felt before. Barre class is centered in the hips, challenging your balance, strength and stability causing the body to move in multiple planes of motion. This means increased flexibility, better functional movement and potentially fewer injuries all around. This class is traditionally a barefoot class or socks with grips to prevent slipping. Participants should bring a mat and water.

TONE AND STRETCH CLASS

This class offers a wide variety of strength training exercises that will tone and sculpt your entire body. Each exercise will work multiple muscle groups that will burn the maximum amount of calories while increasing your strength, stamina, flexibility, core stability, and balance and injury prevention. Once we have reached muscular fatigue we will stretch the individual muscles trained. Participants should bring a mat and water.

INTRO TO THE FITNESS CENTER

This class is a group orientation led by one of our personal training staff. We will demonstrate the proper use and set-up of our fitness center equipment and review the fitness center rules to ensure safety for all of our Treviso Bay members and guests.

AQUA AEROBICS "CLUB"

Want to lose weight without breaking a sweat? Hop in the pool! This fun member led water workout will burn mega calories and will tone those trouble spots with absolutely no impact. The water's continuous resistance forces you to engage more muscle fibers through a larger range of motion so you will firm from every angle. This is a great class for post-surgery injuries and is safe for rehabilitation of knees, hips, ankles or shoulders. We recommend that participants wear a water shoe and bring a towel. Bring a noodle and if you have empty milk jugs (great water free-weights) bring those too! Class will be held in the lap pool at Villa Rilassare "Club house".

CORE CLASS

Core exercises are the most important part of a well-rounded fitness program. This class will train your muscles in your abdomen, lower back, hips and pelvis to work in harmony which leads to better balance, strength and stability. Most sports and other physical activities depend on stable core muscles. Want to see your golf and tennis scores improve? Then come join us for this 30 minute class that will "Absolutely" push you to the core! Participants should bring a mat and water to class.

Gentle Yoga Flow: With Sita

Beginnings with gentle flow, covering basic alignments, breathing and chakra opening and enjoy the way the body feels and moves gracefully throughout basic yoga moves. Beginner class but all levels welcome. Please bring your own Mat and Water!

Mat Pilates: With Lisa

This class will help you get your sweat on with exercises designed to strengthen and lengthen the muscles while stabilizing your core. Please bring your own Mat and Water!

Intermediate Yoga Flow: With Sita

Beginnings with gentle flow, this class will focus on building strength and focus on balancing postures. This class is an intermediate class but all levels is welcome. Please bring your own Mat and Water!

Come out and enjoy all of our classes here at Treviso Bay!

If you have any questions or concerns about Indoor Cycling, Body Barre, Tone & Stretch, Intro to the Fitness Center, Aqua Aerobics "Club", or Core Class, you may contact Kim Williams at 239-228-7027 or kwilliams@theiconteam.com.

If you have any questions or concerns about Gentle Yoga Flow, Mat Pilates, or Intermediate Yoga Flow, you may contact U-Topia Spa at 239-228-7026.