



“Fitness is a journey, not a destination, you must continue for the rest of your life.” Kenneth H. Cooper, MD, MPH

The Bonita National Fitness Center opened in April, 2016. Open 24 hours a day with your access card.

The ***Fitness Room*** is a light-filled and spacious environment with state-of-the-art equipment including treadmills, ellipticals, step mills and more for your cardio workout. It features Technogym weight machines along with free weights, smith machine and everything else you need to reach your fitness goals. A certified full time Fitness Director is available for consultations or personal training.

The ***Aerobics Room*** is filled with natural light overlooking the beautiful Bonita National pool area. We offer a variety of classes from Water Aerobics to Spin, Strength & Cardio along with Barre, Pilates, Yoga and many more. Our enthusiastic, certified instructors are passionate about helping you get fit while having fun to keep you coming back for more.

