

# PLANTATION KEY FITNESS

## BEACH YOGA:

HATHA STYLE YOGA INCORPORATING MEDITATION, FLEXIBILITY, STRENGTH AND BALANCE. BEGINNER TO INTERMEDIATE LEVEL. STUDENTS MAY PURCHASE A MAT FROM INSTRUCTOR FOR \$10 OR BRING THEIR OWN. STUDENTS MAY ALSO BRING PROPS SUCH AS BLOCKS, STRAPS AND BOLSTER PILLOWS IF NEEDED. PLEASE BRING A WATER BOTTLE AND BEACH TOWEL. NO EQUIPMENT WILL BE AVAILABLE TO BORROW. (LOCATION: FOUNDERS PARK BEACH)

## CHAIR YOGA DANCE:

A HYBRID CLASS GREAT FOR SENIORS, BEGINNERS, OR THOSE WITH INJURIES OR LIMITED MOBILITY. WE WILL BEGIN WITH GENTLE YOGA INCLUDING POSTURES TO IMPROVE FLEXIBILITY, STRENGTH AND BALANCE, THEN WE'LL ADD SOME CARDIO, STRENGTH AND COORDINATION WITH FUN, EASY TO FOLLOW DANCE MOVES TO OLDIES AND CLASSIC HITS, ALL FROM THE

COMFORT AND SUPPORT OF A CHAIR. STUDENTS SHOULD BRING THEIR OWN PROPS SUCH AS BLOCKS AND STRAPS AS NEEDED. WE ALSO INCORPORATE LIGHT WEIGHT BALLS AND 1 POUND ZUMBA TONING STICKS. PLEASE BRING YOUR OWN IF POSSIBLE. ZUMBA TONING STICKS MAY BE BORROWED FROM INSTRUCTOR. PLEASE BRING A WATER BOTTLE AND TOWEL.  
(LOCATION: FOUNDERS PARK AMPHITHEATER)

## STRENGTH & FLEX:

AN INTRODUCTORY CLASS TO HELP STUDENTS IMPROVE MUSCULAR STRENGTH, FLEXIBILITY AND RANGE OF MOTION. SUITABLE FOR ALL FITNESS LEVELS. STUDENTS SHOULD BRING THEIR OWN YOGA MAT AND DUMBBELLS. A LIMITED NUMBER OF DUMBBELLS WILL BE AVAILABLE TO BORROW. STUDENTS MAY PURCHASE A MAT FROM INSTRUCTOR FOR \$10. PLEASE ALSO WEAR TENNIS SHOES AND BRING A WATER BOTTLE & TOWEL. (LOCATION: FOUNDERS PARK BEACH)

## NEW! WALKING WORKOUT:

JOIN OUR EXCITING NEW CLASS, WALKING WORKOUT! THIS FUN AND EASY-TO-FOLLOW SESSION IS A LOW-IMPACT, JOINT-FRIENDLY CARDIO CLASS. IT IS AN EFFECTIVE BLEND OF BASIC MARCHING AND AEROBIC DANCE STEPS TO UPBEAT AND POPULAR MUSIC FROM VARIOUS GENRES AND ERAS TO CREATE AN EXCITING ATMOSPHERE. YOU CAN ALSO CHOOSE TO ADD LIGHT WEIGHTS FOR EXTRA RESISTANCE. THIS CLASS ENHANCES CARDIO, STAMINA, ENDURANCE, AND STRENGTH, MAKING IT SUITABLE FOR ALL FITNESS LEVELS. ON AVERAGE, YOU'LL TAKE ABOUT 6,000 STEPS PER CLASS. (LOCATION: FOUNDERS PARK COMMUNITY CENTER OR FOUNDERS PARK BEACH - SEE CALENDAR FOR DETAILS)

## BEACH BODY BLAST:

A CHALLENGING FITNESS CLASS INCORPORATING POWER YOGA, CARDIO SKILLS AND STRENGTH TRAINING DESIGNED TO HELP BLAST FAT, SHED POUNDS, TONE AND STRENGTHEN THE ENTIRE BODY. STUDENTS MAY PURCHASE A MAT FROM INSTRUCTOR FOR \$10 OR BRING THEIR OWN. STUDENTS SHOULD ALSO BRING THEIR OWN DUMBBELLS IF THEY HAVE THEM, A LIMITED NUMBER OF DUMBBELLS WILL BE AVAILABLE TO BORROW FROM INSTRUCTOR. PLEASE BRING A WATER BOTTLE AND A TOWEL.  
(LOCATION: FOUNDERS PARK BEACH)

## GENTLE BEACH YOGA:

EASY BEGINNER LEVEL HATHA-STYLE YOGA INCORPORATING MEDITATION, FLEXIBILITY, STRENGTH AND BALANCE. STUDENTS MAY PURCHASE A MAT FROM INSTRUCTOR FOR \$10 OR BRING THEIR OWN. STUDENTS MAY ALSO BRING PROPS SUCH AS BLOCKS, STRAPS AND BOLSTER PILLOWS IF NEEDED. PLEASE BRING A WATER BOTTLE AND BEACH TOWEL. NO EQUIPMENT WILL BE AVAILABLE TO BORROW. (LOCATION: FOUNDERS PARK BEACH)

## SUP YOGA:

LEARN THE BASICS OF STAND-UP PADDLEBOARD YOGA IN THIS FUN, BEGINNER LEVEL CLASS. PREPARE TO GET WET! EQUIPMENT REQUIRED: PADDLE BOARD, SMALL ANCHOR, TOWEL, SUNSCREEN AND WATER BOTTLE. STUDENTS MUST SIGN UP IN ADVANCE - LIMITED SPACE IN CLASS! (LOCATION: FOUNDERS PARK BEACH)

**SUP YOGA CLASS PRICE: \$10 IF YOU BRING YOUR OWN EQUIPMENT, \$30 IF YOU USE OURS!**

## ALL CLASSES ARE 50 MINUTES

### PRICES:

**ALL CLASSES: \$ 10.00 per CLASS (Except SUP yoga)**

**10-CLASS PASS: \$80    20-CLASS PASS: \$140**

**FOR THE 2025-2026 SEASON, CLASS PASSES WILL EXPIRE ON APRIL 30TH, 2026**

FOR MORE INFORMATION, CONTACT HEATHER AT 305-304-6880 OR [PLANTATIONKEYFITNESS@GMAIL.COM](mailto:PLANTATIONKEYFITNESS@GMAIL.COM) OR VISIT [WWW.PLANTATIONKEYFITNESS.COM](http://WWW.PLANTATIONKEYFITNESS.COM)

THIS PROGRAM IS OPEN TO THE PUBLIC. IN ACCORDANCE WITH THE AMERICANS WITH DISABILITIES ACT OF 1990, ALL PERSONS WHO ARE DISABLED AND WHO NEED SPECIAL ACCOMMODATIONS TO PARTICIPATE IN THIS PROGRAM BECAUSE OF THAT DISABILITY SHOULD CONTACT THE ADA COORDINATOR AT [ADA@ISLAMORADA.FL.US](mailto:ADA@ISLAMORADA.FL.US) OR 305-664-6448 AT LEAST 48 HOURS BEFORE THE SCHEDULED EVENT.