



BEACH FITNESS NEWS

Dear Member,

The upcoming season of Beach Fitness will be one of adaptation to change. The Foundation has made numerous physical and operational changes throughout its facilities involving capacity, flow of spaces, social distancing and regular cleaning/disinfecting.

Challenges related to the Beach Fitness program range from reduced class sizes to cashless payment with a new twist; you can purchase a fitness gift certificate to be held on your member account to be used for classes. All instructors have increased their prices to \$15 per class. Page two of this packet details and explains the new protocols in place for this season. Please read carefully.

Olea is retiring from her Saturday class but will continue as a substitute. Olea was the leader of the original Pelican Bay Fitness which transitioned into Beach Fitness. Her contribution to fitness and wellness over the past thirty-one years will be missed! Eileen will now teach the Saturday class.

Eileen will be starting her classes on Thursday October 1st and Monika will begin her south beach classes on Monday, October 19th. All classes will be at South Beach for the month of October due to construction at North Beach. Classes will resume as scheduled November 1st.

Staying healthy and reducing stress during these challenging times is imperative. What better way to do so while taking in the beautiful scenery, being around friends and boosting your immune system with our Beach Fitness exercise classes.

I am looking forward to seeing all of you this season!

Stay healthy and safe,

Jason Ferrara

Jason Ferrara
Fitness and Spa Manager
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BEACH FITNESS 2020-2021

- 1. Beginning October 1, the maximum capacity for classes north will be 30 and south 25.**
The north and south multi-purpose decks are configured differently regarding member arrival, check-in lines and exit from classes. While south has the larger deck, it has a narrow access point behind the Sandbar restaurant which poses challenges for check-in and waiting areas, especially the second class. We will begin the season conservatively. As we progress and routines become established, we would like to increase capacity based on how the spaces flow and interact with others. However, we will not know our full ability until we get into January.
- 2. All classes are drop-in and \$15 each;** first-come, first-served. Payment will be by credit card or fitness gift certificates at check-in.
- 3. Fitness gift certificates can only be purchased at the fitness center and only after noon daily.** You may purchase any amount and use it for any class. Beach attendants will deduct the class fee from your balance at check-in—the transaction time is quick. Please note that these certificates are valid thru December 31, 2021 and there will be no refunds. Due to the length of time it takes to process credit cards, we encourage you to purchase a fitness gift certificate. A signed waiver is necessary to attend fitness classes and we will keep these waivers on file. If a waiver is on file you may purchase fitness gift certificates by phone or in person, if waiver is not on file you must purchase in person and sign a waiver.
- 4. Guests will not be allowed.** You can only register yourself and not anybody else. As you register the first class, you cannot also register for the second class at the same time.
- 5. There will be a 30-minute gap between classes** to ease clearing of the area and the disinfecting of equipment.
- 6. Masks are not required when working out,** but they are when riding a tram and while registering.
- 7. South Beach:** When you arrive at the South Beach facility for the first class, line up on the east side of the railing indicated by the blue stop lines. After registering for the first class, go on the fitness deck to wait. The walkway from the tram station, beach ramp and restrooms must remain clear. After registering for the second class, you will be directed to wait at the outdoor dining areas of the Sandbar. After the first class has cleared and equipment sanitized, the attendant will announce the all-clear to take the deck.
- 8. North Beach:** Upon arrival, wait and line up along the blue stop lines to register for the first class. After registering, go on the fitness deck to wait. After registration for the second class, you will be directed to wait at the outdoor dining areas of Marker 36. A new take-out border wall has been installed that separates the deck from the bar area with a gate that allows direct access to the deck. After the first class has cleared and equipment sanitized, the attendant will announce the all-clear to take the deck.

It is critical that you leave as soon as you can after the first class to avoid traffic jams in narrow walkways, tram stations and the dining deck / waiting areas.



PELICAN BAY FITNESS



2020-2021

PLEASE READ

FOUNDATION WAIVER OF LIABILITY

MUST BE COMPLETED PRIOR TO PARTICIPATION

Return to the Beach Attendant or the Fitness Desk at the Community Center

The Pelican Bay Foundation, Inc. (the "Foundation") permits certain independent contractors to utilize Foundation property to offer instruction or enrichment activities for the benefit of its members. As a member electing to enroll in a class or activity provided by an independent contractor, you should understand that the services provided by the Instructors are being provided in his/her capacity as an independent contractor, that the Instructor is not an employee of the Foundation, and that the Foundation is not providing these services to you.

The classes provided by the Instructor may involve a program of strenuous physical activity, including aerobic activity, strength training, flexibility and balance, as well as other exercises. By signing up for the class, you are affirming that you are in good physical condition and you do not knowingly suffer from any disability or ailment which may prevent or limit your participation in the Instructor's classes.

EXPRESS ASSUMPTION OF RISK AND RESPONSIBILITY: Participation in this activity is voluntary. I accept and assume responsibility for all risks related to this activity, even those risks arising out of negligence on the part of the Foundation, or other third parties. I accept and assume full responsibility for any and all risks or claims related to this activity including, but not limited to, bodily injury, accident, illness, paralysis, death or loss of personal property even if caused, in whole or in part, by the negligence or other fault of the Foundation, its officers, directors, employees or agents. I hereby release, hold harmless, and indemnify the Foundation and it's officers, directors, employees, agents, subsidiaries, legal representatives and assigns, from and against any and all liability for any and all claims of any kind or nature whatsoever (including subrogation) arising out of or relating to this activity, including without limitation, any and all claims for injury or death, or damage to property, including claims arising out of or relating to death, injury or damage arising solely or partially from the negligence or other fault of the Foundation.

I hereby affirm that I have read and fully understand all of the above.

Printed Name:

Date:

Signature:

Member #

Witness

**INSTRUCTOR WAIVER OF LIABILITY
MUST BE COMPLETED PRIOR TO PARTICIPATION
Return to the Beach Attendant or the Fitness Desk at the Community Center**

I, _____, hereby agree to the following:
(PRINT NAME)

1. That I am participating in certain Health and Fitness Classes, Programs or Workshops (“Classes”) offered by Monika Bernard, Olea DeFore, Eileen Pitel, Missy Balsam, Phil Karnes, Kim Thomas or any other instructor of which I will receive information and instruction about health and fitness. I recognize that fitness programs require physical exertion that may be strenuous and may cause physical injury and even death. I am fully aware of the risks and hazards involved and I accept these risks.

2. I understand that it is my responsibility to consult with a physician prior to and regarding my participation in the Classes. I represent and warrant that I am physically fit and have no medical condition (s) that would prevent my full participation in these Classes. I also state that I have not informed Monika Bernard, Olea DeFore, Eileen Pitel, Missy Balsam, Phil Karnes, Kim Thomas or any other instructor of any physical condition that I may have nor have I asked the instructor to modify the Class to accommodate any physical condition of mine.

3. In consideration of being permitted to participate in the Classes, I agree to assume full responsibility for any risks, injuries or damages, known or unknown, which I might incur as a result of participating in the Classes.

4. In consideration of being permitted to participate in the Classes, I knowingly, volunteer and expressly waive any claim I may have against Monika Bernard, Olea DeFore, Eileen Pitel, Missy Balsam, Phil Karnes, Kim Thomas or any other instructor for injury or damages that I may sustain as a result of participating in the Classes.

5. I, my heirs, or legal representatives forever release, discharge and covenant not to sue Monika Bernard, Olea DeFore, Eileen Pitel, Missy Balsam, Phil Karnes, Kim Thomas or any other instructor for any injury or death caused by negligence or other acts or omissions of whatever kind. My participation in the Classes is voluntary and with full personal assumption of all risks whatsoever. I am signing this Release and Waiver with the complete understanding that if I hurt myself, it is my responsibility.

I have read the above Release and Waiver of Liability and fully understand its contents. I voluntarily agree to the terms and conditions stated above.

DATE: _____

SIGNATURE OF PARTICIPANT _____

WITNESS _____



2020-2021 BEACH FITNESS CLASS DESCRIPTIONS

Total Body Fitness : This complete workout combines cardio and strength training. Whether you are just getting back into a fitness routine or exercise regularly, you will be able to work within your current fitness level to achieve your goals. Class begins with an aerobic warm-up to loosen muscles and get your heart pumping. 30 minutes of strength training follows using dumbbells, tubing, bender balls, core and bodyweight exercises. Finish with a relaxing full body stretch and leave feeling refreshed and ready to make the most of your day.

NORTH BEACH: M-W-F: 8am to 9am — January thru April —Taught by Eileen

Aerobics: Perfect for all fitness levels, this class offers a great cardio workout with fun music and easy-to follow routines. Aerobics improves cardiovascular function, increases energy and stamina and strengthens the heart and bones. Time flies in this fun-filled hour of fitness, fun and friends! Class ends with a relaxing full-body stretch to leave you feeling energized and ready to tackle your day.

NORTH BEACH: M-W-F: 9:30am to 10:30am - January thru April —Taught by Eileen

Strength, Balance and Flexibility (SBF): Uses weight room principles of strength training of upper and lower body muscles, using weights, bender balls, ankle weights, exer-tubes and your body weight to strengthen and shape all major muscle groups, combined with static and dynamic balance exercises to enhance sports performance and prevent falls. The class finishes with stretching for major muscles to promote functional flexibility and muscle balance. The instructor includes fitness and nutrition tips, as well as biomechanical adaptations.

NORTH BEACH: T-Th: 8am to 9am — January thru April - Taught by Eileen

NORTH BEACH: T-Th: 9:30am to 10:30am — November thru April— Taught by Eileen

NORTH BEACH: Sat: 9:30am to 10:30am— November thru May—Taught by Eileen

SOUTH BEACH: T-Th: 9:30am to 10:30am — October — Taught by Eileen

SOUTH BEACH: Sat: 9:30am to 10:30am— October —Taught by Eileen

Low Impact Aerobics: This is a fun-filled aerobics class with different styles of music every week. The choreography is easy on the joints, but can have a medium to high intensity to achieve a great cardiovascular fitness.

***Low Impact Aerobics / Interval:** (*only Wednesdays*) Included in this aerobics class are 3-5 intervals of strength and balance training for a perfectly balanced and effective workout.

SOUTH BEACH: M-W-F: 8am to 9am - October thru May—Taught by Monika

Buttocks, Legs & Tummy (BLT): This body sculpting class uses hand weights, tubing, body bars and/or your own body weight as resistance to tone and strengthen your skeletal muscles. The emphasis lies on the core muscles—*buttocks, legs and abs*, but will also include other muscles. The class finishes with a long stretching phase to maintain a healthy balance of strength and flexibility.

SOUTH BEACH: M-W-F: 9:30am to 10:30am - October thru May —Taught by Monika

Boot Camp for Boomers: Experience a **moderate to high** intensity full body workout that is energizing and fun, while offering modified levels to preserve those joints! The program consists of circuit style routines, muscle-toning exercises using dumbbells, exercise bands and body weight exercises. Designed for men and women over 50, but all ages are welcome. Modifications and intensity options are offered.

NORTH BEACH: Sat: 8am to 9am— January thru April — Taught by Kim

F.I.T. (Full Body, Interval Train, Tone) Circuit Training: Circuit Training is a fantastic form of exercise as it provides excellent all around fitness, tone, strength, and a reduction of weight and inches. Come participate with Kim's customized training regimen which includes consecutive series of timed exercises (cardio and/or strength based stations) one after the other with varied amount of rest between exercises. This metabolism boosting class is one of the most time efficient ways to enhance your aerobic and anaerobic conditioning. F.I.T. Circuit prepares the body and mind in a very even all around manner. Kim's program is designed to accommodate ALL levels of fitness.

SOUTH BEACH: T-Th: 8am to 9am & 9:30am to 10:30am— January thru April — Taught by Kim

~SERENITY SATURDAYS~

Tai Chi: If you're looking for a low impact, minimal stress on joints, stress reducer and an overall fun class, consider tai chi (TIE-CHEE). Originally developed for self-defense, tai chi has evolved into a graceful form of exercise. Often described as meditation in motion, tai chi promotes serenity through gentle, flowing movements. This is suitable for all ages and all fitness levels.

SOUTH BEACH: Sat: 9am to 10am —January thru April —Taught by Phil

Yoga: Yoga class will increase overall body strength, muscle endurance, concentration and a stronger core. The class will be taught in a flow style in which each new posture will connect to another posture flowing rhythmically. Each series will focus on a new set of postures. This class is excellent for the beginner as well as the advanced in that the instructor will demonstrate more advanced postures upon request of the individual needs.

SOUTH BEACH: Sat: 10:30am to 11:30am —January thru April —Taught by Missy