

## fitness classes

Sign up for all fitness programs in advance to secure your place in the class. All non-water fitness classes are held in Club Wyndham (Lower Lobby South Tower). Prices Vary.

### Belly Dancing

Explore this healthy form of dance movements.

### Pilates

Dramatically transform the way your body looks, feels, and performs. Build strength, tone muscles, and tighten your abdomen.

### Splash/Deep Water Aerobics

A fresh, revitalizing and energetic way to start the day. Noodles and water weights provided for resistance. North Tower Indoor Pool.

### Step It Up! Aerobics

A high-energy beginner step class.

### Super Sculpt

A series of non-aerobic exercises using resistance bands, free weights, and stability balls.

### Tai Chi

Mind and body practice. Meet at Activities Desk.

### Yoga

Yoga provides the means for a wonderful fitness workout. (Beginner, Relaxation, and Family Classes)

### Zumba®

A fusion of Latin and International music that creates a dynamic, exciting, and effective fitness system. Dance your way to a great cardio exercise.

## extra features

### Balloon Bouquets

Balloon Bouquets for most occasions are available for delivery. Order at Activities Desk. \$10

### Boogie Boards

Enjoy the ocean for only \$10 per day and \$30 for 5 days. Sign them out at the Activities Desk.

### Massage Therapy

Services provided in the comfort of your own room, or schedule in Club Wyndham. Choose from Swedish, Deep Tissue, Thai Yoga for \$60/hour or Couples for \$125/hour. Call (386) 233-5278 to make your reservations today! Payments accepted at Activities Desk.

### Putt-Putt Golf

9 a.m. - 9 p.m. daily. 9-hole indoor course. Clubs and balls available at the Activities Desk. Last putters out at 8:30 p.m.

Books/Puzzles/Games/Sports Equipment  
Sign out and return to Activity Desk in the lower level of the North Tower.

### Movie Rentals

Blockbuster Movie Box. \$1 Movie Rentals.

### Professional Photography

Capture every moment of your vacation from candid shots to beach portraits to formal photos. Call Ginny to set up a private session (954) 812-1469

### Glamouratures

Flattering Caricature Drawings by Dian Marshall. Call for an appointment today. (386) 846-5504.

## special events

Join us for some featured Fun. Prices Vary.

### St. Patrick's Day

Come test your luck with themed games and crafts.

### Easter

Egg Hunts, Baskets, Bunny Hops, and More!

### Earth Day

Join us Beachside for 108 Sun Salutations and Environmental Education.

### Cinco de Mayo

Celebrate with us at the poolside Fiesta! Olé!

### Mother's Day

Show Mom your appreciation with special crafts and events.

### Memorial Day

Join us for a poolside cookout!



Wyndham Ocean Walk



## Activity Guide

MARCH - MAY 2010

## socials

Sign up for all programs the day before to avoid event cancellation and secure your place in an activity. Reservations are required. Prices Vary.

### Beach Boogie Oogie Night

Fun themed parties filled with dancing, trivia, and more. 21+ only.

### Dance Lessons

Learn beginner level dance moves in a variety of classes.

### Dive-In Movies

Join us in the North Tower Indoor Pool as we show movies on our inflatable movie screen.

### Dramatic Story Time for Toddlers

Bring your toddler and listen to the adventures of the sea. They will learn about manatees, dolphins and more. Meet other tots!

### Welcome Orientation

Come to the 8th floor Grand Ballroom to learn about resort-sponsored activities, local attractions and dining choices. Chance to win raffle prizes! \*Timeshare owners only, please.

# activities calendar

## MONDAY

8:30 a.m.  
Welcome Orientation  
\*Timeshare Owners  
Only\* S. Tower  
Grand Ballroom

9:30 a.m.  
Zumba® \$ Club  
Wyndham

11 a.m.  
Yoga \$ Club Wyndham

Build-A-Boat \$  
Arts & Crafts Room

1 p.m.  
Cookies & Ice Cream \$  
Call for Location

2 p.m.  
Beach Art \$  
Arts & Crafts Room

3 p.m.  
Are You Smarter Than  
a 5th Grader? Eatery

4 p.m.  
Hemp Accessories \$  
Arts & Crafts Room

5 p.m.  
Junk Food BINGO!  
Eatery

7 p.m.  
Owner's Reception  
Eatery

8 p.m.  
Family Karaoke  
Eatery

## TUESDAY

8 a.m.  
Super Sculpt Club  
Wyndham

9:30 a.m.  
Yoga \$ Club Wyndham

10 a.m.  
Lazy River Boat Race  
Meet at Activities Desk  
(Made Monday)

11 a.m.  
Gentle Yoga and Massage  
\$ Club Wyndham

Open Paint \$  
Arts & Crafts Room

12 noon  
Pilates \$ Club Wyndham

1 p.m.  
Ice Cream Sundaes \$  
Call for Location

2 p.m.  
Homemade Stained Glass  
\$ Arts & Crafts Room

3 p.m.  
Tie Dye Fun \$  
Arts & Crafts Room

4 p.m.  
Tuesday Trivia Eatery

5 p.m.  
Adult BINGO! \$ Eatery

7 p.m.  
Dance Lessons  
Club Wyndham

8 p.m.  
Texas Hold 'Em  
Tournament \$  
Eatery

## WEDNESDAY

8 a.m.  
Splash Aerobics  
N. Tower Indoor Pool

9:30 a.m.  
Zumba® \$ Club Wyndham

10 a.m.  
Bath Fizzies \$  
Arts & Crafts Room

11 a.m.  
Deal or No Deal Kid's Club

Step It Up! Aerobics  
Club Wyndham

1 p.m.  
Cookies & Ice Cream \$  
Call for Location

2 p.m.  
Junk Food BINGO! \$ Eatery

3 p.m.  
Glass Etching \$  
Arts & Crafts Room

4 p.m.  
Wii Tennis Tournament  
Kid's Club

5 p.m.  
Tile Trivets \$  
Arts & Crafts Room

7 p.m.  
Cup Stackers Eatery

8 p.m.  
Dive-In Movie  
N. Tower Indoor Pool

## THURSDAY

8 a.m.  
Super Sculpt Club  
Wyndham

9:30 a.m.  
Yoga \$ Club Wyndham

10 a.m.  
Glass Bead Bracelets \$  
Arts & Crafts Room

11 a.m.  
Beach in a Bubble \$  
Arts & Crafts Room

12 noon  
Pilates \$ Club Wyndham

1 p.m.  
Ice Cream Floats \$  
Call for Location

2 p.m.  
Majority Rules Eatery

3 p.m.  
Bear Buddies \$  
Arts & Crafts Room

4 p.m.  
Mystery Craft \$  
Arts & Crafts Room

5 p.m.  
Adult BINGO! \$ Eatery

6 p.m.  
Beach Art \$  
Arts & Crafts Room

8 p.m. - 11 p.m.  
Adult Dance Party 21+  
Landing Bar

## FRIDAY

8 a.m.  
Splash Aerobics  
N. Tower Indoor Pool

9 a.m.  
Toddler Time Dramatic  
Story Telling Kid's Club

9:30 a.m.  
Zumba® \$ Club Wyndham

10 a.m.  
Design Your Own Picture  
Frame \$ Arts & Crafts Room

11 a.m.  
Step It Up! Aerobics  
Club Wyndham

Tie Dye Fun \$  
Arts & Crafts Room

1 p.m.  
Ice Cream Sundaes \$  
Call for Location

2 p.m.  
Air Hockey Tournament  
Arcade

3 p.m.  
Paradise Magnets \$  
Arts & Crafts Room

4 p.m.  
Cookie Decorating \$  
Arts & Crafts Room

4 p.m. - 6 p.m.  
Meet & Greet Lobby

6 p.m.  
Open Paint \$  
Arts & Crafts Room

7 p.m.  
Belly Dancing \$  
Club Wyndham

8 p.m.  
Adult Karaoke  
Landing Bar

## SATURDAY

8 a.m.  
Tai Chi \$ Meet at  
Activities Desk

9:30 a.m.  
Zumba® \$ Club Wyndham

10 a.m.  
Tie Dye Fun \$  
Arts & Crafts Room

11 a.m.  
Pool Games  
Meet at Activities Desk

Family Yoga \$  
Club Wyndham

Design Your Own  
Picture Frame \$ Arts &  
Crafts Room

1 p.m.  
Ice Cream Floats \$  
Call for Location

2 p.m.  
Hemp Accessories \$  
Arts & Crafts Room

3 p.m.  
Rock Band Tournament  
Kid's Club

4 p.m.  
Bear Buddies \$  
Arts & Crafts Room

4 p.m. - 6 p.m.  
Meet & Greet Lobby

6 p.m.  
Putt-Putt Tournament  
Meet at Activities Desk

8 p.m.  
Dive-In Movie  
N. Tower Indoor Pool

## SUNDAY

8 a.m.  
Splash Aerobics  
N. Tower Indoor Pool

10 a.m.  
Glass Bead Bracelets \$  
Arts & Crafts Room

11 a.m.  
Pool Games Meet at  
Activities Desk

Deal or No Deal Kid's Club

1 p.m.  
Ice Cream Sundaes \$  
Call for Location

2 p.m.  
Open Paint \$  
Arts & Crafts Room

3 p.m.  
Tile Trivets \$  
Arts & Crafts Room

4 p.m.  
Family Feud Kid's Club

4 p.m. - 6 p.m.  
Meet & Greet Lobby

7 p.m. - 9 p.m.  
A Taste of Art Landing Bar

# amenities

## North Tower

Sun Center, Indoor Pool, Adult  
Recreation Room, Arcade, Family  
Computer Room, Kids Club, Arts &  
Crafts Room, Putt-Putt Golf.

## Activities Desk

Lower Level, Ext. 4819.  
Open daily 8:30 a.m. - 11 p.m.

## South Tower

Club Wyndham, Fitness Center, Indoor  
Pool, Eatery, Landing Bar.

orange - adult socials violet - arts & crafts green - games blue - fitness red - socials

Sign up for Activities in Advance. \$ = Nominal fee required. Prices, days, and times are subject to change without notice.

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