

## 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.

### Classic Stretch

A whole body stretching routine to get your body moving for the day.

### Deep Water Aerobics

Flotation belt provided and water weights for resistance. Powerful aerobic workout. (North Tower Indoor Pool)

### Hip Hop Aerobics

Fun and high energy work out.

### Splash Aerobics

A fresh, revitalizing and energetic way to start the day. (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 held Beachside (inclement weather in Club Wyndham)

### Yoga

Yoga provides the means for a wonderful fitness workout. (Beginner 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.

## arts & crafts

Held in Arts and Crafts room. Prices vary.

### Bath Fizzies

Make bath time super fun and good for your skin.

### Beach Art

Design a treasure box, paint sea life, make a shark tooth necklace, and more.

### Beach in a Bubble

Take a piece of Florida home with you.

### Bear Buddies

Your choice of cuddly critters to stuff, dress and share your beach adventure.

### Build a Boat & Boat Race

Build a boat out of popsicle sticks and race it in the Lazy River the next day.

### Glass Bead Bracelets

Design your own bracelet with an array of glass beads.

### Open Paint

Ceramics, Sand dollars, Starfish, Magnets and more!

### Photo Frames

Decorate a frame to capture your Vacation memories.

### Tie Dye Fun

Design and make your own colorful T-shirt.

### Tile Trivets

Beautiful tiles make this great kitchen accessory.

## games

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

### Are you Smarter Than a 5th Grader?

Participate in our show down of who is smarter in the Eatery.

## games

### Family Feud/Deal or No Deal

Fun interactive DVD games for the whole family. Kids Club.

### Putt-Putt Tournament

Go head-to-head with guests on our 9-hole indoor putt-putt course.

### Junk Food BINGO!

Play along with family and friends for a chance to yell "BINGO!" to win snacks in the Eatery.

### Majority Rules

Compete in teams to determine the correct answer to fun questions. Remember "Majority Rules"! Meet us at the Eatery.

### Rock Band

Show off your inner Rock Star. Kids Club.

### Wii Games

Fun interactive Sports games. Kids Club.

## workshops

Sign up 24 hours in advance. Registrations required to avoid cancellation. Minimum 4 participants. Prices vary.

### Ashtanga

Experience live sitar and flute accompaniment to a Yoga posture series.

### Feng Shui

Inspired ideas to create spaces that support your goals and nurture your spirit

### Organic Garden Care

Learn how to prepare garden beds and container gardens.

### Plein Aire

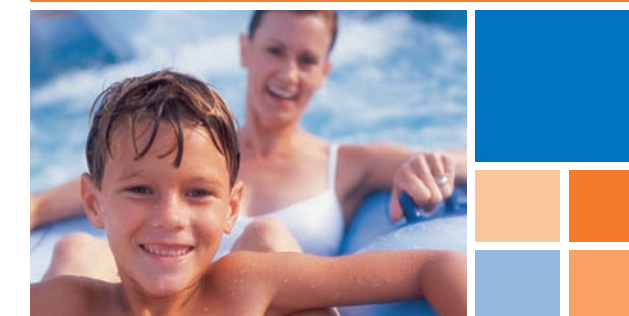
Sit on the beach and draw the ocean while learning pastel from a professional artist.

### Relax, Release, Rejuvenate

Learn to master your personal stressors and energize effectively.



Wyndham Ocean Walk



## Activity Guide

DECEMBER 2009 - FEBRUARY 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!

### High Tea

Specialty Pastries, herbal teas, and homemade bread available for taste and purchase.

### Pamper Yourself

Enjoy easy do-it-yourself spa treatments for silky soft feet and hands. Next to Club Wyndham.

### 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!

## activities calendar

### MONDAY

8:30 a.m.  
Welcome Orientation  
\*Timeshare owners and guest only\*

9:15 a.m.  
Yoga

9:30 a.m.  
Exfuze Tasting™

10 a.m.  
Splash Aerobics

10:30 a.m.  
Pamper Yourself

11 a.m.  
Build-A-Boat

1 p.m.  
Cookies & Ice Cream

2 p.m.  
Beach Art  
Hip-Hop Aerobics

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

4 p.m.  
Zumba®

5 p.m.  
Cooking Demonstration

8 p.m.  
Owner's Reception

### TUESDAY

9:30 a.m.  
Yoga

10 a.m.  
Lazy River Boat Race (Made Monday)

10:30 a.m.  
Monavie Tasting™  
Relax and Release Workshop

11 a.m.  
Open Paint  
\$ prices vary

1 p.m.  
Ice Cream Sundaes

1:30 p.m.  
Tropical Spa

2 p.m.  
Homemade Stained Glass

3 p.m.  
Step It Up! Aerobics  
Board Game Bonanza

4 p.m.  
Tuesday Trivia

5 p.m.  
Adult BINGO!

6 p.m.  
Dance Lessons

8 p.m.  
Casino Night

### WEDNESDAY

8 a.m.  
Classic Stretch

9 a.m.  
Zumba®

10 a.m.  
Splash Aerobics  
Bath Fizzies

10 a.m. - 3 p.m.  
Plein Aire Workshop

11 a.m.  
Deal or No Deal

1 p.m.  
Cookies & Ice Cream

2 p.m.  
Junk Food BINGO!

3 p.m.  
Pamper Yourself

3 p.m.  
Beach in a Bubble

4 p.m.  
Tile Trivets

5 p.m.  
Super Sculpt

5:30 p.m.  
Wii Games

7 p.m.  
Feng Shui Workshop

Dusk  
Dive-In Movie

### THURSDAY

9:30 a.m.  
Yoga

10 a.m.  
Glass Bead Bracelets

10:30 a.m.  
Monavie Tasting™

11 a.m.  
Glass Etching  
Hip Hop Aerobics

1 p.m.  
Ice Cream Floats

2 p.m.  
Majority Rules

3 p.m.  
Bear Buddies

4 p.m.  
Adult BINGO!

5 p.m.  
Mystery Craft

6 p.m.  
Zumba®

8 p.m. - 11 p.m.  
Beach Boogie Oogie Night, 21+

### FRIDAY

9 a.m.  
Step It Up! Aerobics

9:30 a.m.  
Toddler Time -  
Dramatic Story Telling

10 a.m.  
Deep Water Aerobics  
Pamper Yourself

11 a.m.  
Design Your Own Picture Frame

1 p.m.  
Ice Cream Sundaes

2 p.m.  
Air Hockey Tournament

3 p.m.  
Paradise Magnets

4 p.m.  
Cookie Decorating

4:30 p.m. - 5:30 p.m.  
Meet & Greet

6 p.m.  
Open Paint

7 p.m.  
Belly Dancing

8 p.m. - 10 p.m.  
Karaoke

### SATURDAY

9 a.m.  
Zumba®  
Tai Chi

10 a.m.  
Family Yoga

11 a.m.  
Bear Buddies

1 p.m.  
Ice Cream Floats

2 p.m.  
Pool Games

3 p.m.  
Rock Band Tournament

4 p.m.  
High Tea

4 p.m. - 5 p.m.  
Meet & Greet

5 p.m.  
Super Sculpt

6 p.m. - 9 p.m.  
Board Game Bonanza

Dusk  
Dive-In Movie

### SUNDAY

10 a.m.  
Glass Bead Bracelets

11 a.m.  
Zumba®  
Beach Art

1 p.m.  
Ice Cream Sundaes

2 p.m.  
Pool Games

3 p.m.  
Family Feud

4 p.m. - 5 p.m.  
Meet & Greet

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

## amenities

### South Tower

Pamper Room  
Spa Treatments  
Health Food/Drink Tastings

Club Wyndham  
Aerobics Classes  
Ballroom Dance  
Workshops

### North Tower

Indoor Pool  
Water Aerobics Splash Down  
Deep Water Aerobics

Activities Desk, Adult Recreation Room, Arcade, Family Computer Room, Kids Club, Craft Room  
Open daily 8:30 a.m. - 10 p.m. Lower Lobby Level. Ext. 4819.

### 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.

### Books/Puzzles/Games/ Sports Equipment

Sign out and return to Activity Desk in the lower level of the North Tower.

### Fitness Room

Located on the lower lobby level of the South Tower. Adults must accompany children under 18 years of age. Closed-toe shoes are required.

### 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

### Putt-Putt Golf

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

### Water Slide

9 a.m. - 5 p.m. (Weather permitting) (Height requirement 42". No flotation devices permitted.)

## special events:

Join us for some featured Holiday Fun. Prices vary.

### Christmas

Tis' the Season for Fun! Join us for a Festive Dinner with Santa, Christmas Eve with the Elves, Holiday Crafts, and more!

### New Years

Formal Adult Gala (21+) and a Themed Kid's Party. Reservations required for both events.

### Valentine's Day

Get your loved one something special at our Brunch and Fashion Show.

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

Nominal fees for activities. Prices, days, and times are subject to change.

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