

RECREATION & WELLNESS *Connections*

**On Top of
the World.**

JANUARY-JUNE 2017

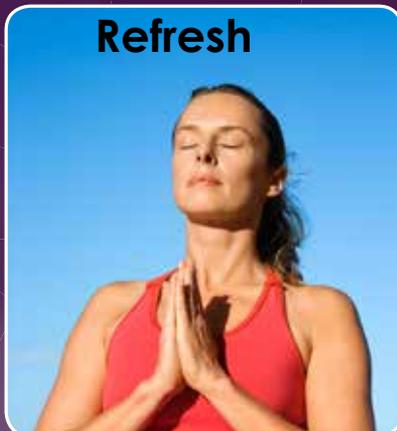


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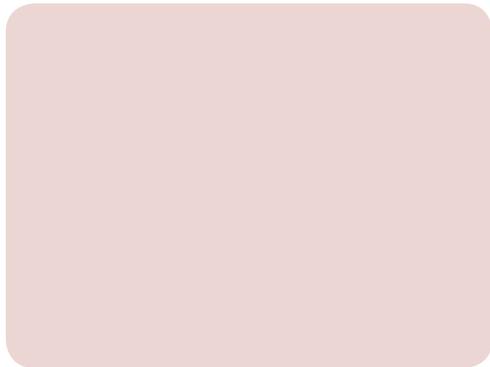
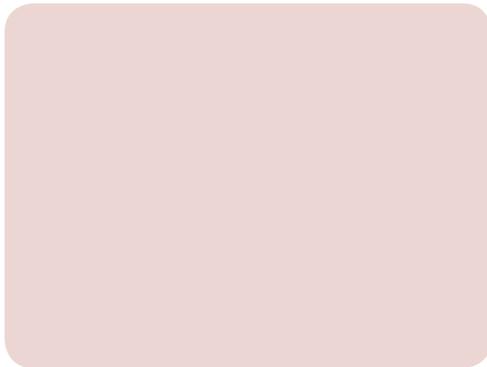
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INFORMATION

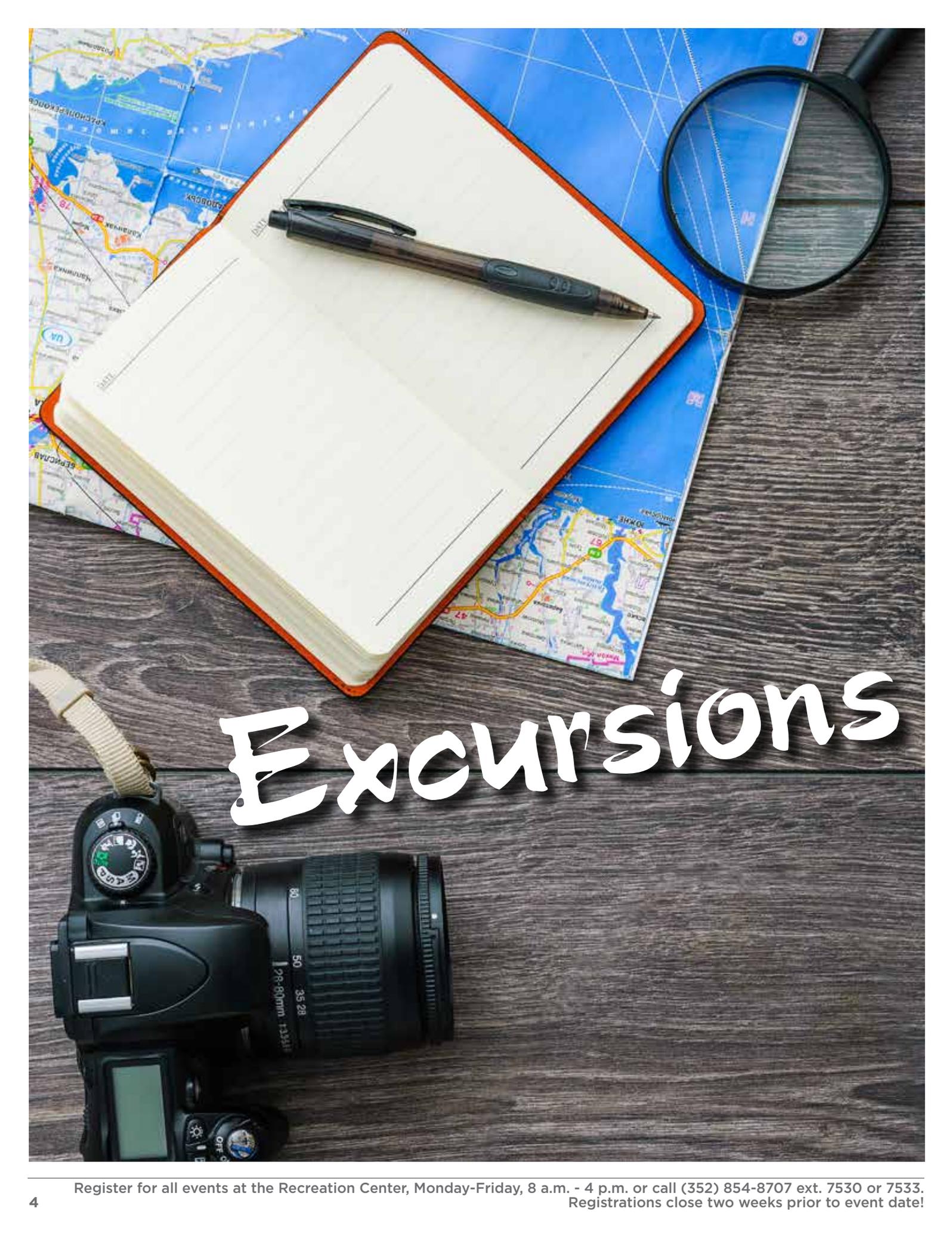
RECREATION CENTER

Register for all events at the Recreation Center,
Monday-Friday, 8 a.m. - 4 p.m. or call (352) 854-8707 ext. 7530 or 7533.
Registrations close two weeks prior to event date!

FITNESS CENTER

Fitness Center Hours:
Monday-Friday, 6:30 a.m. - 8:00 p.m.;
Saturdays, 7:00 a.m. - 8:00 p.m.; Sundays, 9:00 a.m. - 5:00 p.m.





Excursions

Register for all events at the Recreation Center, Monday-Friday, 8 a.m. - 4 p.m. or call (352) 854-8707 ext. 7530 or 7533. Registrations close two weeks prior to event date!

Please note: Money is due at time of registration. No refunds will be issued two weeks or less prior to the event or trips.

Victory Casino Cruise Port Canaveral, Florida

- Tuesday, January 10, 2017
- Tuesday, February 21, 2017
- Tuesday, March 21, 2017
- Tuesday, April 18, 2017
- Tuesday, May 16, 2017
- Tuesday, June 6, 2017
- \$45 per person includes transportation, boarding of the Victory Casino, buffet and \$20 match in play with double points.

Join us for an afternoon of Gambling, Bingo, Entertainment and Relaxation. Live Table Games and over 300 of the latest slots. Dine in the Atlantic Café and receive FREE drinks while gaming plus two free drink tickets during non-play. They will also match \$20 in FREE play on your casino card once you have played \$20 in the gaming machine. Register at the Recreation Center to save your seat. Please note that a valid government issued photo ID will be required to board.



Majestic Manatee Tours Crystal River, Florida

- Tuesdays, January 17 and March 28, 2017
- \$54 per person includes transportation and River Cruise.
- Lunch will be on your own.

Join us on the Majestic Manatee tour. Crystal River is well known for its West Indies Manatees as well as its crystal clear springs. We will arrive at Charlie's Fish House which is a great waterfront restaurant overlooking King's Bay at approximately 11:30 a.m. They have a wonderful menu to choose from. After lunch we will board on the dock next to Charlie's Fish House where we will depart on our Majestic Manatee Tour. The departure time will be approximately 1:00 pm. Following our departure we will tour the Three Sisters, Hunter, and King Springs in search of our beloved manatees that inhabit the area. You will see an abundant amount of water fowl in the



area such as osprey, herons, and ibis. The entire tour will keep you entertained with nature's wildlife and beauty. Plan on 2 to 2 1/2 hours for your tour around Crystal River.

Please note: Money is due at time of registration. No refunds will be issued two weeks or less prior to the event or trips.

Insider's VIP Horse Farm Tours Ocala, Florida

- Fridays, January 27, February 17, March 31, and May 12, 2017
- \$31 per person includes transportation, museum and farm tours
- Lunch will be on your own.
- **Please note: This trip requires a lot of walking.**

Join us on the Insider's VIP Horse Farm Tour to discover all about horses in Marion County. The day will start with a brief tour of the Florida Breeder's Association Museum to learn a little history and discover why Ocala is "The Horse Capitol of the World". We'll take a drive through the gorgeous horse country that will include three stops at Ocala's most exclusive horse farms. There will be lots of up close interaction with horses and a few foals. During the months of January & February one of the stops will include the *Horses In The Sun* (HITS) event.

Once the farm tours are completed we will stop at "Southern Pig & Cattle Company" for lunch on your own.



Hippodrome Theatre Gainesville, Florida "Hand to God"

- Sunday, February 5, 2017
- Show Time: 2:00 p.m.
- \$44 per person includes transportation and show.

Hand Puppets have never been so funny! Nominated for 5 Tony Awards! Deep in the heart of Broadway, there lurks a creature so outrageous, so scandalous, and so totally surprising that you have to see him for yourself! Meet Tyrone, the scene-stealing sprite who shakes a small Texas town to its core - riotously riffing on everything from love to faith and proving that it is both sinfulness and saintliness that make us all truly human... and utterly alive

Local cafes are within walking distance for snacks and beverages.

Please note: Money is due at time of registration. No refunds will be issued two weeks or less prior to the event or trips.

St. Johns River Tour Astor, Florida St. Johns River

- Wednesday, February 8, 2017
OR Thursday, April 27, 2017
- \$47 per person includes transportation and River Cruise.
- Lunch will be on your own.

Join us for a scenic boat tour down river through Blue Creek in the Ocala National Forest. This creek is a unique habitat and in the warmer months, is a prime feeding area for the manatee. Alligator encounters are plentiful year round. You will leave the creek behind to re-enter the St. Johns River by pristine Lake George, Florida's second largest lake which is surrounded by the Ocala National Forest on the west and the Lake George State Forest on the east. You will have the opportunity to dine at the famous Blackwater Inn for lunch on your own.



Florida State Fair and Country Gold Tour Tampa, Florida

- Thursday, February 16, 2017
- \$34 per person includes entry into the fair and transportation

Join us for a day at the Florida State Fair! You'll enjoy rides, games, entertainment, crafts and food.



Capone's Dinner & Show Kissimmee, Florida

- Thursday, February 23, 2017
- Show Time: 1:00 p.m.
- \$60 per person includes transportation, show, buffet & drinks (*tips are not included for dinner or bus*)

Join us for an afternoon of great entertainment with a matinee show that is filled with action, adventure, laughter and more! You will experience character group greetings as you enter the theatre, unlimited beverages (including alcoholic drinks) and an all-you-can-eat buffet with meat carving station and a fresh salad bar.

Please note: Money is due at time of registration. No refunds will be issued two weeks or less prior to the event or trips.

Trader Joe's, Shopping & Lunch at Mildred's Big City

Gainesville, Florida

- Tuesday, February 28, 2017
- \$27 per person includes transportation
- Lunch will be on your own.
- **Please note: This trip requires a lot of walking.**

Do you like shopping? We have a full day planned at the Butler Plaza Central! Some of the stores you will have the opportunity to visit are: Trader Joe's, Pier 1 Imports, Michaels, Ross, Tuesday Morning and more. After a full day of shopping we will load back on the bus and drive over to Mildred's Big City for a late lunch/early dinner.

Strawberry Festival Senior Days

Plant City, Florida

- Thursday, March 9, 2017
8:00 a.m. – approximately 4:00 p.m.
- \$35 per person includes entry to festival, live entertainment and transportation.
- **Please note: This trip requires a lot of walking.**



Join us for a day at the Strawberry Festival in Plant City, Florida. You'll find agricultural shows, fun contests, rides, parades, great country music entertainment and strawberry delights all in one place at an affordable price. The Florida Strawberry Festival celebrates the area's biggest crop with everything from berry-themed crafts to flats of the red fruit. They don't call it the "Winter Strawberry Capital of the World" for nothing — there's nothing like Plant City's strawberries! You won't be able to

resist all the tasty treats and delicious delights prepared with mouth-watering fresh strawberries. And, you can even test your limit in the strawberry shortcake eating contest!

Free entertainment on the Wish Farms Soundstage, 10:30 a.m.-11:45 a.m., TBA.

Gator Nationals

Gainesville, Florida

- Friday, March 17, 2017
- \$54 per person includes entry to the track and transportation.

Do you like drag racing? Join us for ground shaking excitement at the 48th Annual Gator Nationals on Friday, March 17th. The traditional East Coast opener and the season's first of 16 for Pro Stock Motorcycles. The event is one of the sports most revered with a rich tradition of history-making performances. This hallowed ground has entertained spring-break-loving fans for decades with such notable occasions as the first 260-mph Top Fuel and Funny Car runs in 1984 and the first 270-mph and 300-mph Top Fuel passes, in 1986 and 1992, respectively.

Please note: Money is due at time of registration. No refunds will be issued two weeks or less prior to the event or trips.

Holy Land Experience

Orlando, Florida

- Thursday, March 30, 2017
- \$62 per person includes transportation, entry into the Holy Land Experience and all four shows.
- Lunch will be on your own.
- **Please note: This trip requires a lot of walking.**



The Holy Land Experience brings together the sights and sounds of the world of the Bible in a unique and interactive way unlike anywhere else. It is a living, biblical museum that takes you 7,000 miles away and 2,000 years back in time to the land of the Bible. Its combination of sights, sounds and taste will stimulate your senses and blend together to create a spectacular new experience.

You will see four major dramas with a combination of indoor and outdoor presentations. The last show will start at 4:00 p.m. You will see the Majestic Grand Finale! Experience Christ's agony, Death, Resurrection and the Glorious return of our Lord! It will touch your heart as it will be a great memory making time. You will have the opportunity to meet and greet the cast throughout the park. Dress appropriately and wear comfortable shoes. There are plenty of cafés and restaurants on site for lunch on your own.

Whispering Oaks Winery, Yalaha Bakery & Russell Stover Outlet

Wildwood, Florida

- Thursday, April 13, 2017
- \$47 per person, which includes transportation, tour of the winery, Russell Stover Outlet & Yalaha Bakery
- Lunch will be on your own.
- **Please note: This trip requires a lot of walking.**

Our trip will begin with a visit to the famous Yalaha Bakery, which offers wonderful German cuisine, made with traditional German recipes. They have a variety of dishes that will delight any discriminating patron. In the deli you can also find German cold cuts, plus a mix of American and European beers.

We will then head over to the Whispering Oaks Winery, which has 40,000 blueberry bushes on the farm, and specializes in blueberry wines. The winery is fun to visit because of the enthusiastic personality of the owner and the ambience of the farm. There is a friendly bar in the visitor center and you'll get a tour of the winemaking operation. You will also receive a flatbread of your choosing and a Whispering Oaks Winery souvenir.

We will end the trip with a visit to the Russell Stover Candies Factory Outlet. They have a fully equipped espresso bar serving gourmet coffee, cappuccinos, lattes and more. If your taste buds have you craving ice cream you can satisfy your temptation on Simply Perfect Ice Cream Sundaes.

You will have the opportunity to build a custom box of your favorite chocolates by the piece/pound from the 30 plus flavors in the candy case. You will even find Whitman's and Pangburn's products including sugar free and Weight Watchers.



Please note: Money is due at time of registration. No refunds will be issued two weeks or less prior to the event or trips.

Cedar Lakes Woods & Gardens Tour and Great Outdoors Restaurant Williston, Florida

- Thursday, April 20, 2017
- \$38 per person, includes transportation and garden admission.
(Does not include bus gratuity).
- Lunch will be on your own.
- **Please note: This trip requires a lot of walking.**

Come and join the guided walking tour of 50 individual gardens that are home to over 100 species of plants that were in a 100 year old retired lime rock quarry. It has become a sanctuary, home and refuge to many of God's creatures great and small. Throughout these gardens you will see species of plants, flowers and trees along with birds of prey, owls, doves and much more. In the garden you will see numerous rocks, each rolled in by wheelbarrows and strategically placed by human hands.



There are many benches and picnic tables to allow one to sit, rest and take it all in. After you have strolled through the garden we will board back on the bus and make our way to the very popular restaurant called the "Great Outdoors" in High Springs, FL.

New England Shire Centre

Ocala, Florida

- Tuesday, April 25, 2017
- \$52 per person includes transportation and guided tram tour on the New England Shire Centre
- Lunch on your own.

Join us as we dine at "Southern Pig & Cattle Company" for lunch on your own followed by a visit and tour of the New England Shire Centre, one of the largest English Shire farms in the world. Although

the Shire is the most popular heavy horse in England there are still less than 4,000 Shires in the world. These horses weigh anywhere between 2,000 - 2,400 lbs., the largest ever recorded was 3, 300 lbs. They are becoming a near extinct breed of horse. Your visit will consist of viewing and interacting with approximately 45 English Shire stallions, geldings, mares and foals. There will be a 1 hour guided tram tour and a photo op.

Baseball Games

Tropicana Field, St. Petersburg

Rays vs. New York Yankees Sunday, May 21, 2017

- Game time is afternoon game.
- Cost: TBD



Do you like baseball? Join us for an afternoon of excitement as we head to Tropicana Field in St. Petersburg, Florida, for the Rays vs the New York Yankees on May 21, 2017. Ticket prices will be available soon! Price will include game tickets and transportation. All seats are press level.

Please note: Money is due at time of registration. No refunds will be issued two weeks or less prior to the event or trips.

Tarpon Springs Sponge Docks

Tarpon Springs, Florida

- Tuesday, May 23, 2017
- \$27 per person includes transportation
- Lunch on your own.
- **Please note: This trip requires a lot of walking.**

Visit the World Famous Spongeorama museum and learn about the rich history of Tarpon Springs, the Sponge Docks and the sponge industry. Find out just what a sponge is and where they come from while relaxing in their air-conditioned movie theater. The museum and movie are both FREE attractions and are a perfect introduction to the Tarpon Springs Sponge Docks. After the movie you can enjoy shopping, dining & touring the town on your own. Pick up all of those must have unique Florida and Greek gifts and souvenirs.

Grand Oaks Resort Museum & Lunch

Weirsdale, Florida

- Thursday, June 8, 2017
- \$54 per person includes transportation, museum entrance & bistro lunch
(please note tips have been included for the lunch).

The Grand Oaks Resort is an equine inspired get-a-way that embraces the love of the horse, the land and a formula for relaxation unlike any other.

The Grand Oaks Carriage Museum is home to one of the world's largest private collections of carriages and equine artifacts. Step back in time and enjoy the elegance and pageantry of over 160 European and American Carriages, including the elaborate 1850 Armbruster Dress Chariot once owned by Emperor of Austria Franz Joseph and his wife, Elisabeth. The Museum uniquely offers a glimpse into the history of the relationship between man and horse and clearly defines the manner in which the horse has helped shape the history of man.

Once you have learned the history of the museum you will enjoy a pre-selected bistro lunch with your On Top of the World group in a private room.



Southgate Center & Mazzaro's Market

New Port Richey, Florida

- Tuesday, June 13, 2017
- \$27 per person, includes transportation
- Lunch on your own.
- **Please note: This trip requires a lot of walking.**

Join us for a day out shopping! Our first stop will be at the Southgate Center where you will find stores such as Old Time Pottery, Big Lots, Bealls Outlet and Tuesday Morning. You can choose to have lunch at Cracker Barrel or Joe's NY Style Pizza, or wait for the next stop at Mazzaro's Italian Market where you can enjoy lunch on the patio. This is an Italian cuisine fine food market located in St. Petersburg, Florida. It hosts wine tastings and book signings. It is known for its cheeses, olives, deli sandwiches, bakery items, handmade pastas and pre-made dishes. If you are looking to bring home some of the finest Italian handmade items or wine be sure to pack your cooler as the bus will have plenty of room for everyone's needs.

The bus will be on site to take your packages throughout the day if needed.

Please note: Money is due at time of registration. No refunds will be issued two weeks or less prior to the event or trips.

StarLite Majesty Luncheon Sightseeing Cruise

Clearwater, Florida

- Tuesday, June 20, 2017
- \$63 per person includes transportation, cruise and luncheon (*tax & tips are included for your meal*)

Join us for an afternoon on the StarLite Majesty Luncheon Sightseeing Cruise with Captain's narration in beautiful Clearwater, Florida. You will cruise along the smooth inland waterways on a yacht that features multiple decks; two enclosed and climatically controlled with open observation decks. You will hear an informative narration by the Captain. Enjoy a complete sit-down lunch with an individual choice of entree, prepared on board and served to your table. Full cocktail service is available.

Choice of 6 entrees: Shrimp Creole, Fresh from the Wharf, Vegetarian Harvest, Chicken Cordon Bleu, Chicken Caesar Salad, Beef Burgundy

Your luncheon service will include a house salad, bread, house dessert, coffee & tea.



Disney Springs Orlando, Florida

- Thursday, June 29, 2017
- \$27 per person includes transportation
- **Please note: This trip requires a lot of walking.**

Join us for a day at Disney Springs in Orlando, Florida. Disney Springs is a themed retail, dining and entertainment center inspired by Florida's charming waterfront towns, historic architecture and natural beauty. The sprawling promenade features four distinct neighborhoods - The Landing, Marketplace, West Side and Town Center, built around bubbling springs. The Town Center offers a sophisticated mix of dining and shopping along with a promenade where you can relax, refresh and reconnect.

The family-friendly marketplace will delight guests of all ages by combining new experiences, such as an over-the-water pedestrian causeway, along with classic Disney favorites, including the expanded World of Disney store. Some of the newer shops that you will see are Tommy Bahama, Pandora, Kate Spade New York and more. You will have the opportunity to see Planet Hollywood Observatory with live entertainment.

Recreation & Events



Register for all events at the Recreation Center, Monday-Friday, 8 a.m. - 4 p.m. or call (352) 854-8707 ext. 7530 or 7533. Registrations close two weeks prior to event date!

Please note: Money is due at time of registration. No refunds will be issued two weeks or less prior to the event or trips.

Themed Happy Hour's Fridays, 4:00-8:00 p.m.

Recreation Center Ballroom

- January 13, 2017
- March 24, 2017
- April 21, 2017
- May 19, 2017
- June 23, 2017

Theme

Team Spirit
Bike Night
Reggae Night
Jam Session
Surf's Up

Arbor Club Ballroom

- February 10, 2017

Theme

Senior Prom

Join us for live entertainment, dancing, and good times with friends at the weekly Happy Hour. Above are the themed events planned for each month. This event is free for all residents presenting a resident I.D. card. All guests and residents not presenting resident I.D. cards will be charged a \$5 fee. Arm bands are required to be worn by all paying residents and guests.



Get Acquainted Coffee

- Thursday, January 5, 2017
AND Thursday, May 11, 2017
9:00 a.m - 11:00 a.m.
- Recreation Center Ballroom
- FREE

Come meet your neighbors and help welcome new residents to the community during our Get Acquainted Coffee. Information will be available on fitness, the community bus, pickleball and more. Do you know the location of the Billiards Room, Art Room, Softball Field or the Horseshoe Pits? Join us as we take you on a short walking tour to the facilities available at the Recreation Center at the conclusion of the Get Acquainted Coffee.

Trivia Night Recreation Center Ballroom

- Thursdays, January 12, February 2, March 2, April 6, May 4, and June 15, 2017
4:00 p.m. to 6:00 p.m.
- \$3 per person for residents and \$5 per person for guests attending with residents.
Registration and resident I.D. is required to attend (*maximum eight to a table*).

Do you like Trivia? Come challenge your neighbors and friends for a fun afternoon of mind-boggling, brain tusting questions. We will have groups of eight per team, Select a team name and prepare to have a fun time. Each team's score will be calculated and the team with the most points will win. There will be first, second and third place winners. A cash bar will be provided and you are welcome to bring snacks for your table. Everyone playing must register prior to the dates above as a head count will be needed for all teams. Register at the Recreation Center Office.



RECREATION & EVENTS | Recreation & Wellness Connections

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Line Dance Classes

- Every Monday beginning September 12, 2016 through June 26, 2017, 4:00 - 6:00 p.m. Choose your class according to your ability. May switch to a different level any time.
- Recreation Center Ballroom
- \$10 per 4 week class
- Instructor: Marilyn McNeal (352) 804-1546
- Email: BoarsNestFarm@aol.com
- Website: www.Rhythm-in-my-soles.com

Three levels of dance are offered. There are TWO levels for Beginners as the step description explains.

Line Dance tickets are on sale every Tuesday-Friday, 8 a.m. to 4 p.m. in the Recreation Center. (Please note: line dance tickets are not sold on Mondays).

IMPROVER PLUS (1:15 p.m. - 2:15 p.m.)

Dance experience required for this class. Improver means slightly easier than Intermediate. Current popular dances taught at this level.

BEGINNER LEVEL TWO

2:30 p.m. - 3:30 p.m.

Class includes basic line dance steps, combinations, and easy dance patterns, with low impact movement to many different rhythms. New step patterns are taught as needed. Some prior dance experience is required.

BEGINNER LEVEL ONE

3:45 p.m. - 4:45 p.m.

This class completed the Introduction to Line Dance Class. Dancers have some experience now and know step pattern descriptions. Easy dances are taught at this level with additional step patterns added.

Social Hour

- Thursday, January 19, 2017
4:00 p.m. - 6:00 p.m.
- Arbor Club Ballroom
- Thursday, March 23, 2017
AND Thursday, May 18, 2017
4:00 p.m. - 6:00 p.m.
- Recreation Center Ballroom
- FREE

Enjoy an evening of easy listening music. Bring your neighbors and enjoy light hors d'oeuvres while they last, along with a cash bar.

Entertainment:

January 19th
March 23rd
May 25th

Frankie Pizano
Miranda Madison
Long White Cloud



Please note: Money is due at time of registration. No refunds will be issued two weeks or less prior to the event or trips.

15th Annual Health & Wellness Expo

- Saturday, January 21, 2017
10:00 a.m. - 2:00 p.m.
- Circle Square Cultural Center
- FREE EVENT

Join us at the 15th Annual Health & Wellness Expo to see what is new and interesting in the medical field today. Healthcare providers will be on site, providing information, answering health related questions and conducting wellness screenings and demonstrations. Fitness instructors from the On Top of the World will give demonstrations on stage of the many fitness classes and newest exercises being offered in our community.

Club Fair Recreation Center Ballroom

- Thursday, January 26, 2017
10:00 a.m. to 1:00 p.m.

Are you looking to get involved in sports, crafts, games, socializing and more? Then look no more, we will have over 60 clubs that participate in this event with something to offer everyone.

This is a time to actually see all the different clubs offered here in your community, meet representatives and ask questions. What a wonderful way to meet your neighbors and make new friends. Doughnuts and coffee will be available for sale by the S.P.C.A.

If you are thinking of forming a club at On Top of the World, please stop by the Recreation Center office for more information.

Home Improvement Expo

- Saturday, February 18, 2017
9:00 a.m. to 1:00 p.m.
- Circle Square Cultural Center
- FREE EVENT

Are you thinking of making changes to your home and could use some advice? Come ask the experts! Visit professionals in a variety of specialties from solar lighting to room additions. You will see how simple modifications to your home could change the

look and feel in every room! A representative from On Top of the World's Customer Service Department will be on hand to answer any questions regarding your home or modifications.



Please note: Money is due at time of registration. No refunds will be issued two weeks or less prior to the event or trips.

Community Relectrocycle

- Thursday, March 9, 2017
10:00 a.m. - 12:00 p.m.
- Recreation Center Parking Lot
- FREE FOR MOST ITEMS



Do you have electronic items at home that you no longer use? Rather than disposing of them in the landfill, be environmentally friendly and recycle them at this “Responsible Electronics Recycling” event.

Items accepted:

- Laptops
- Cell Phones
- Smart Phones
- PDA's, LCD, LED or Plasma TV's
- Flat Screen Monitors
- Computer Towers and Servers
- Cables and Cords
- PDAs, iPods & MP3 players, including RAM (memory sticks)
- Processors
- Hard Drives
- Motherboards, and other Plug-In boards
- Printed Circuit boards from any electronics manufacturer or repair/service company/individual
- Antique Electronics, HAM Radio components
- Stereo Components
- DVRs and TIVOs
- Electronic Test/Lab Equipment
- Automated Factory Electronics
- Electric Motors
- Battery Backups (APC or UPS),
- Handheld Bar Code Scanners
- Scientific Calculators
- Unused Diabetic Test Strips
- Diabetic Meters
- Ink and Toner Cartridges
- Old Satellite Dishes, Lithium Ion Batteries
- USB Mice and USB Keyboards
- Video Games,
- Video Game Consoles
- Cameras
- Telecom Equipment
- Computer Tape Drives and Unused Media
- Pagers
- Sound Equipment and Mixing Boards
- Radio and TV Tubes.

The following items will incur a \$5 fee per item: Box, Cabinet, or Projection types of TVs; CRT monitors.

14th Annual Hands Across the Highway Art Expo

- Saturday, March 25, 2017
10:00 a.m. to 1:00 p.m.
- Circle Square Cultural Center
- FREE EVENT

This event showcases local artisans from On Top of the World, Stone Creek, Oak Run, Palm Cay, Cherry Wood, Marion Landing and more. Art work is displayed for viewing and is available for purchase. Enjoy beautiful music by The Paul de Ritter Duo, a relaxing day filled with beautiful art.

Enviro-Shred, Inc. Document Destruction

- Friday, April 7, 2017
10:00 a.m. - 12:00 p.m.
- Recreation Center Parking Lot
- \$5 per 1-cubic foot (or one normal storage size box)

Enviro-Shred, Inc. will be on-site for a document shredding event. They use a large shredder truck and will shred an entire box of documents right before your eyes. All shredded paper will be recycled into reusable paper products. (Due to safety issues, please park all vehicles and golf carts before going to the shredder truck).



Please note: Money is due at time of registration. No refunds will be issued two weeks or less prior to the event or trips.

Bi-Annual Rags to Riches Sale

- Friday, April 28, 2017
9:00 a.m. - 12:00 p.m.
- Recreation Center Ballroom
- \$10 per table; register at the Recreation Center Ballroom

It's that time of year to do some spring cleaning! Everyone has a little clutter that they are looking to shed, so why not be a part of the Rags to Riches Sale and make a little extra cash. Registration begins on Monday, March 20, 2017. Maximum two tables per resident.



Memorial Day Celebration

- Monday, May 29, 2017
10:00 a.m.
- Recreation Center Ballroom

The OTOW Lions Club will hold its annual Memorial Day Service on Monday, May 29, 2017. This event remembers the men and women who died while serving in the United States Armed Forces. Honored guests include all active duty and retired military personnel. Other participants include the West Port High School R.O.T.C. Honor Guard, musical selections from a local chorus group, a retired military guest speaker and the traditional placing of the Memorial Wreath.

For more information on this event, please contact Estelle Clark at 861-7358.



THE TOWN SQUARE

MUSIC & DANCING
FRIDAYS & SATURDAYS | 6 PM - 9 PM
WEATHER PERMITTING

FESTIVALS THROUGHOUT THE YEAR!

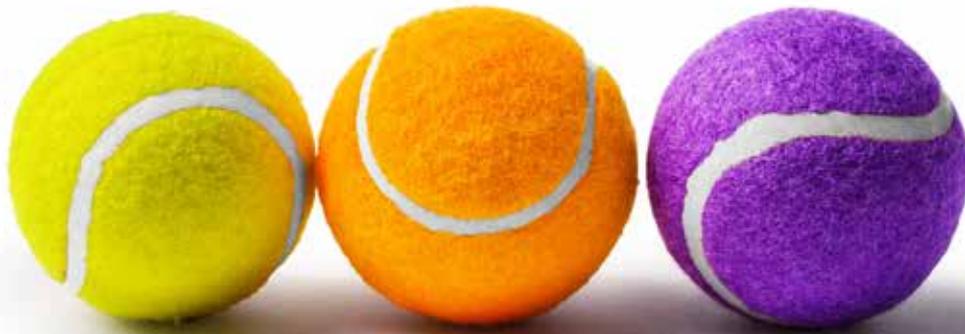


EVERY THURSDAY | 9 AM - 1 PM

* PRODUCE * PLANTS * BAKED GOODS * SPECIALTY ITEMS * SEAFOOD *



VISIT OUR WEBSITE FOR THE LATEST INFORMATION:
WWW.CIRCLE SQUARE COMMONS.COM



Tennis and Pickleball

Tennis

Arbor Club Courts
Open all year when not scheduled

Mondays, Wednesdays & Fridays
Doubles Open Play (Afternoon Group)

Tennis Social Plus BBQ
March 6, 2017

Round Robin, Mondays, Wednesdays & Thursdays
8:30 a.m. – Noon, All Courts

Beginner's Clinic, Tuesdays
8:30 a.m. – 10:00 a.m., Court 1

Women's Morning, Tuesdays
8:30 a.m. – 11:00 a.m., Courts 2, 3, 4
Open courts available to men

Men's Morning, Fridays
8:30 a.m. – 11:00 a.m., Courts 2, 3, 4
Open courts available to ladies

Arbor Club Ladder, Thursdays
(If scheduled)
8:30 a.m. – 11:00 a.m.,
All Courts as needed

FREE CLINIC
First Thursday of the Month
10:30 a.m. – Noon, Court 1

Open Tennis

Saturdays and Sundays, All Courts

All inter-club matches will be scheduled during the week after 4:00 p.m. depending on the time of the year.

U.S.T.A. matches will be scheduled during the weekend, after 11:00 a.m.

Private lessons will be scheduled after 10:00 a.m., on Court 1

Prime Time: 8:00 a.m. – 11:00 a.m.

Club Tournaments and special activities will be announced ahead of time for participation.

Players wishing to participate in the Round Robins should sign up as they come into the courts before 8:30 a.m.

(Spouses always welcome to all social events and trips.)

Guests must be accompanied by a resident.
Guest fees apply: \$5/day or \$20/week.



Please note: Money is due at time of registration. No refunds will be issued two weeks or less prior to the event or trips.

Pickleball Schedule

Recreation Center

Monday	8:30 a.m.	Experienced players
Tuesday	8:30 a.m.	Beginner - intermediate players
Wednesday	8:30 a.m.	Experienced players
Thursday	8:30 a.m.	Beginner - intermediate players
Friday	8:30 a.m.	Experienced players/non-experienced
Saturday	8:30 a.m.	Non-experienced (men and women separately)
Sunday	6:00 p.m.	All players

(Schedule subject to change.)

Schedule posted on pickleball bulletin board.



2017 GAME IMPROVEMENT CLINICS & EVENTS

Pre-registration is required by calling Candler Hills Golf Shop at **352.861.9712** no later than 5 pm the Friday before the clinic on Saturday.

JANUARY 7TH	9:00 AM	AIM POINT: PUTTING
JANUARY 14TH	9:00 AM	PROFESSIONAL KEYS TO PUTTING
FEBRUARY 4TH	9:00 AM	AROUND THE GREENS - CHIPPING
FEBRUARY 11TH	9:00 AM	AROUND THE GREENS - PITCHING
MARCH 4TH	9:00 AM	PROFESSIONAL SHORT GAME THOUGHTS
MARCH 11TH	9:00 AM	150 YARDS AND IN - HITTING FLAGS/SCORING CLUBS
APRIL 1ST	9:00 AM	LONG IRONS/HYBRIDS
APRIL 8TH	9:00 AM	WOODS AND DRIVER
MAY 6TH	9:00 AM	GET RID OF THE SLICE/HOOK
MAY 13TH	9:00 AM	PROFESSIONAL PRE-SHOT ROUTINE
JUNE 3RD	9:00 AM	FAIRWAY BUNKER SHOTS
JUNE 10TH	9:00 AM	GREENSIDE BUNKER SHOTS



8137 SW 90th Terrace Road, Ocala, FL 34481 | 352.861.9712 | CandlerHillsGolfClub.com

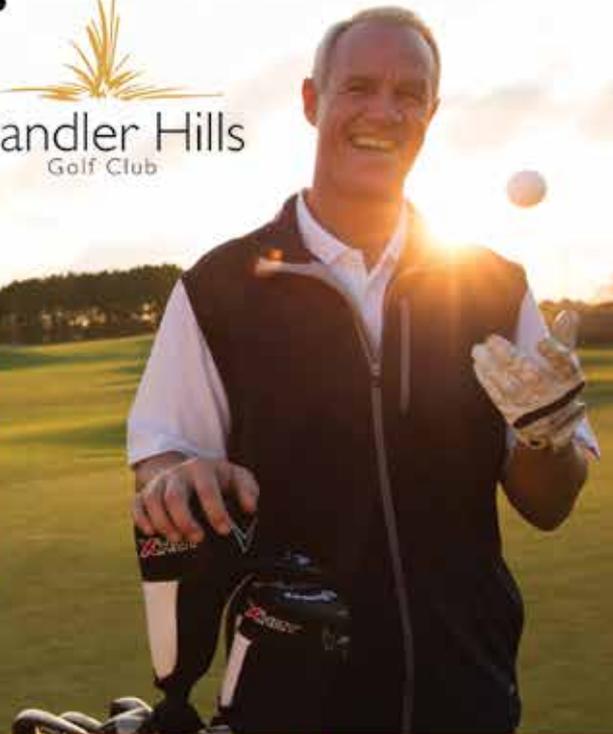
Welcome to Candler Hills Golf Club

OPEN TO THE PUBLIC


Candler Hills
Golf Club

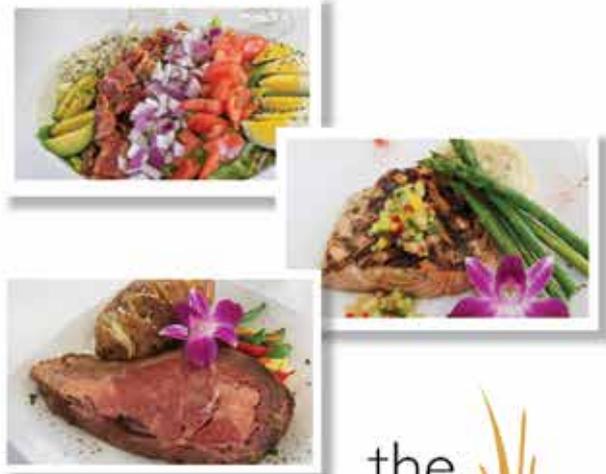
- 18-Hole, par 72 championship golf course
- Semi-private, full service golf course
- 7300+ yards with five sets of tees
- Practice facility with two putting greens, chipping and pitching area and practice bunker
- Home of the Ocala Open Professional Golf Tournament
- Corporate and charitable tournaments welcome
- Full-line golf shop
- PGA and LPGA professional instructors

Golf Club Phone: (352) 861-9712



The Club at Candler Hills

- Happy Hour, 4 – 7 pm
\$2.50 Beer, Wine and Well Drinks
- Weekly Chef's Features
- "Chef's Table" Dinner Events
- Theme Nights & More!
- View menus online



Hours:

Monday – Thursday: 11 am – 8 pm

Friday – Saturday: 11 am – 9 pm

Sunday – 9 am - 3 pm (bar open til 5 pm)

Menus subject to change.

the
Club
at Candler Hills

 Restaurant Phone: (352) 861-9720

8137 SW 90th Terrace Road, Ocala, FL 34481

www.CandlerHillsGolfClub.com

#11222 - 6/16

Wellness



Register for all events at the Recreation Center, Monday-Friday, 8 a.m. - 4 p.m. or call (352) 854-8707 ext. 7530 or 7533. Registrations close two weeks prior to event date!

RECREATION CENTER

What is the Fitness Pass All About?

The Fitness Pass at On Top of the World Communities is a card that allows you to select exercise classes of your choice. Take part in your favorite class or mix and match classes to add variety to your exercise program.

Use your Fitness Pass for the following specialty classes:

- Deep Water Aerobics
- Shallow Water Aerobics • Yoga
- Tai Chi for Joint Health

For \$25, receive 12 specialty classes and get 1 class FREE. Passes and schedule of classes may be picked up at the Arbor Club or the Recreation Fitness Center.

Single Class Price: \$5



Oxycise (Video Class)

- Monday-Friday
7:00 a.m.
- Aerobics Room at Recreation Center
- FREE CLASS

Oxycise is a well established fitness program that incorporates breathing, stretching and isometric exercises. Participants in this class will follow a DVD; the workout is usually 20 minutes. Oxycise is a great way to start your day.

Zumba Mix

- Mondays
8:00 a.m.
- Aerobics Room
- FREE

This low-impact, latin style dance class combines cardio and strength exercises for a complete workout. This class may use the following equipment: stability balls, hand weights and resistance bands.

Wednesday Warrior

- Wednesdays
8:00 a.m.
- Aerobics Room at Recreation Center
- FREE CLASS

A low-impact athletic conditioning class that incorporates timed training intervals. The exercise drills focus on heart rate, lower body strength, upper body strength, core conditioning and balance. This class may use the following equipment: stability balls, hand weights and resistance bands.

Dance Party

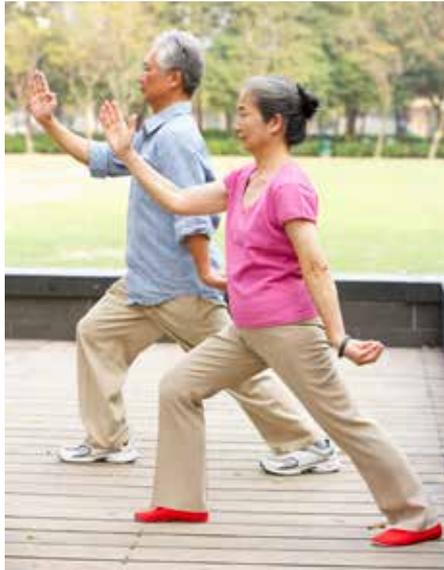
- Fridays
8:00 a.m.
- Aerobics Room at Recreation Center
- FREE CLASS

This class is an innovative cardiovascular workout inspired by multiple styles of music and dance. Elevate your heart rate and the fun factor in this dynamic class. Join the 'Dance Party' for a workout that feels more like dancing than exercise. But don't be fooled, this energetic class will provide a great health benefit!

RECREATION CENTER

Tai Chi

- Mondays
9:00 a.m.
- Aerobics Room at Recreation Center
- FREE CLASS



This ancient form of exercise involves fluid movements well known for promoting strength, balance and relaxation. The philosophy of Tai Chi is that everything consists of two opposing forces that harmonize with each other to create a 'balanced whole'. Tai Chi involves learning a series of movements, performed in a slow, focused manner accompanied by deep breathing. Tai Chi fosters wellness through connecting mind, body and breath.

KBKB

- Tuesdays and Thursdays
9:00 a.m.
- Aerobics Room at Recreation Center
- FREE CLASS

A kickboxing class designed to improve strength and endurance. This workout incorporates a conditioning component and is great for those seeking a new challenge in their fitness routine. This class welcomes men and women of all fitness levels. You experience a rigorous workout, all while having fun.

Balanced Body

- Mondays, Wednesdays, Fridays
10:00 a.m.
- Aerobics Room at Recreation Center
- FREE CLASS



This 45-minute class is full of seated and standing exercises designed to help you improve your balance and prevent falls. Balanced Body integrates strength training exercises for stability, motor function rehearsal for coordination and sensory systems challenges specific to improving balance. A variety of equipment will be used with the exercises.



- Mondays, Wednesdays, Fridays
10:45 a.m.
- Recreation Center Ballroom
- FREE CLASS

'Ditch the workout and join the party' is Zumba's motto and that's exactly what you will experience in this Latin inspired dance class. Zumba® Gold was designed expressly for the active aging adult and is just like the original Zumba® class minus the high impact movement. You will get a great workout with dance moves that more gentle for your joints.

RECREATION CENTER

S.O.S. 'Serious On Strength'

- Tuesdays and Thursdays
8:00 a.m.
- Mondays, Tuesdays, Wednesdays,
Thursdays and Fridays
10:50 a.m.
- Wednesdays
5:00 p.m.
- Aerobics Room at Recreation Center
- FREE CLASS



Staying strong is very important for optimal aging! This class will focus on building strong muscles and bones. S.O.S. uses a variety of resistance training equipment supporting muscular strength and endurance. This class incorporates chairs for seated and standing exercises.

Chair Yoga

- Tuesdays and Thursdays
10:00 a.m.
- Aerobics Room at Recreation Center
- FREE CLASS

Achieve all the benefits of Yoga with the assistance and support of a chair. The chair allows for modifications of traditional Yoga postures while seated and standing as well as assisting with balance. Increase your strength and flexibility while engaging in movement that provides stress relief and relaxation. Everyone will find success with this format. There will be no floor exercises in this class.

Strength & Stretch

- Fridays
9:00 a.m.
- Aerobics Room at Recreation Center
- FREE CLASS



Train your body to function better through improved strength and flexibility. This exercise plan is designed to provide a significant challenge; the exercises are performed in multiple planes of motion which mimic how the body moves in everyday life. Several types of resistance training equipment will be utilized to maintain a varied, muscular challenge. Seated and standing flexibility exercises will be incorporated so that stretching is given equal time and attention.

Please note: No refunds will be issued 7 days or less prior to the event or trips.

RECREATION CENTER

Intro to Yoga

- Tuesdays
5:00 p.m.
- Wednesdays
9:00 a.m.
- Aerobics Room at Recreation Center
- FREE CLASS

This introductory yoga class is appropriate for all students seeking the benefits of a relaxing, gentle and restorative practice. Whether you are a yoga newcomer or an experienced practitioner, this class is suitable for all seeking to improve balance, strength & flexibility. Please bring your own yoga mat.

Get Fit While You Sit

- Mondays, Wednesdays, Fridays
11:45 a.m.
- Aerobics Room at Recreation Center
- FREE CLASS

Get Fit While You Sit is the perfect solution for those who want to stay active but would like an alternative to traditional group fitness classes. This class incorporates chairs so that you will be seated for all of the exercises. Seated exercises welcome everyone and provide success for those experiencing joint or balance challenges. A variety of equipment is incorporated to improve your strength, endurance and flexibility.



Golden Oldies Groove

- Tuesdays and Thursdays
11:45 a.m.
- Aerobics Room at Recreation Center
- FREE CLASS

Step back in time for a cardio workout to the classics! Get your golden oldies groove on with simple, easy to follow dance style choreography. Low on impact and high on fun this aerobics workout will be followed by a light stretch; all fitness levels are welcome.

Personal Training

- BY APPOINTMENT ONLY
- Recreation Fitness Center
- For a free fitness assessment or to schedule an appointment please call Larry Robinson at (352) 854-8707 ext. 7531.

You are a unique individual with specific fitness goals and needs. Let our certified personal trainer design an exercise program that is just right for you! Larry Robinson has over 25 years of experience in assessing, developing and implementing fitness programs specifically tailored for each one of his clients. Improving strength and flexibility, fall prevention, osteoporosis prevention and reversal, weight loss, injury rehabilitation and sport specific training are all available to you. Improve the quality of your life by staying active. Live long and strong! Larry can help you achieve your goals safely and effectively.



THE ARBOR CLUB

Deep Water Aerobics

- Mondays and Wednesdays
9:00 - 9:45 a.m.
- Arbor Club Indoor Pool
- Use fitness pass or \$5 per class

Water is a wonderful environment for exercise. Due to the resistive properties of water, it is ideal for strengthening muscles and improving cardiovascular health. Deep Water Aerobics is unique as you are completely suspended during the exercises which is perfect for anyone that has joint problems or needs to avoid impact. Participants are expected to have a buoyancy belt.

Shallow Water Aerobics

- Tuesdays and Thursdays
9:00 - 9:45 a.m.
AND 10:00 - 10:45 a.m.
- Arbor Club Indoor Pool
- Use fitness pass or \$5 per class

Shallow Water Aerobics is a great way to improve your fitness while minimizing the stress on your joints. Water is a very supportive environment for exercise and is a wonderful alternative for those who have trouble with the impact of land based exercises. This class will provide a cardiovascular benefit as well as strength, flexibility and balance.



HIIT Deep

- Fridays
9:00 - 9:45 a.m.
- Arbor Club Indoor Pool
- Use fitness pass or \$5 per class

HIIT Deep is 'High Intensity Interval Training' in the pool. Dive in for a water aerobics class that utilizes 360 degrees of resistance in the deep end of the pool. Class participants will rotate through different intervals focusing on cardio challenges, strength training drills and core conditioning. This workout is sure to boost strength and endurance.

THE ARBOR CLUB

Yoga

- Mondays and Fridays
9:15 a.m. - 10:15 a.m.
- Arbor Club Ballroom
- Use fitness pass or \$5 per class

Yoga synchronizes movement, breathing, concentration and meditation. The Yoga exercises in this class will improve strength and flexibility while incorporating relaxation techniques to keep you strong, centered and focused.



Hatha Yoga

- Wednesdays
9:15 a.m. - 10:15 a.m.
- Arbor Club Ballroom
- Use fitness pass or \$5 per class

A Yoga class designed to strengthen the body while calming the mind. Traditional Yoga poses are practiced in a slow sequence to increase strength, flexibility and muscular endurance.

Intro to Tai Chi

- Thursdays
10:00 a.m.
- Arbor Club Ballroom
- FREE

This class has the 'newcomer' in mind as it introduces you to the basic movements of Tai Chi. Well established in fitness and medical communities, Tai Chi provides a host of health benefits. Tai Chi is a graceful form of flowing movements that unites both the body and the mind. Reduce stress while improving strength, flexibility and balance through the practice of Tai Chi.

Tai Chi for Joint Health

- Thursdays
11:00 a.m. - 12:00 p.m.
- Arbor Club Fitness Room
- Use fitness pass or \$5 per class

Tai Chi for Joint Health will help you feel better and function better. You will learn effective and enjoyable exercises to improve the health of your joints. These gentle movements, postures and techniques are specific to enhancing your range of motion and managing pain. This class is very beneficial for those with arthritis, fibromyalgia, back pain and stress. Discover how you can feel better and move better.

Water Walking

- Tuesdays (June-August)
1:30 p.m. - 2:15 p.m.
- Arbor Club Outdoor Pool
- FREE

Water walking is a great way to get fit while having fun. Water enhances exercise in many ways; the buoyancy decreases impact and joint stress and the resistance supports strength training and provides cardiovascular benefits. This class is jam packed with fun-filled aqua movement to promote overall health and wellness. This free, seasonal class runs from June-August. Grab a buddy, some sunscreen and a bottle of water. See you in the pool!

Special Programs

Zumba® Love

Tuesday, February 14th
11:45 a.m.

- Aerobics Room at Recreation Center
- FREE

Show your 'Zumba® Love' on Valentine's Day in this low-impact, dance style workout. Don't miss the energetic rhythms of this special fitness celebration led by our talented Zumba® Gold instructors.



Strength Training 101

Wednesday, March 15th
10:45 a.m.

- Aerobics Room at Recreation Center
- FREE

This unique blend of theory and practical application will help you gain the skills necessary for basic strength training exercises. Personal trainers will demonstrate and explain the proper form and technique for many of the exercises in the S.O.S. (Serious on Strength) classes. Join this session to maximize the safety and effectiveness of your workouts.



World Tai Chi and Qigong Day

Saturday, April 29th - 9:00 am

- Sholom Park
- FREE

World Tai Chi and Qigong Day is celebrated in hundreds of communities across the globe to bring people together. The event slogan, 'One Breath, One World' provides a unifying vision of health and wellness. Join Art Stalbow on this special day in beautiful Sholom Park to celebrate movement that calms the mind, energizes the body and inspires the soul. First time participants are encouraged to join!

Special Programs

National Senior Health & Fitness Day

Wednesday, May 31st - 8:00 a.m. - 12:30 p.m.

- Recreation Center Ballroom
- FREE

This special day draws attention to the importance of aging actively. On Top of the World is proud to take part in this fitness campaign. Join us for special classes all morning at the Recreation Center.

- **8:00 a.m. - Buddy Boot Camp**

Grab your 'buddy' for a unique partner workout. This interval class combines a variety of boot camp style exercises to get your heart and muscles pumping. Train elements of strength, agility and conditioning all with a partner for added fun! Bring a 'buddy' or find one in class; all the exercises will require a partner.

- **9:00 a.m. - Prana Partners**

In eastern philosophies 'Prana' is energy and often referred to as a life force. Tap into that energy as you move through a series of partner-postures and exercises that foster core strength, balance and flexibility.

- **10:00 a.m. - Sticks, Clicks and Balance**

This special Balance class incorporates drum sticks for a workout that supports fun and fall prevention! Partner exercises will be included to build strength, challenge coordination and support balance.

- **10:45 a.m. - Partner Power**

Strength and conditioning with a twist...all the exercise will be done with a partner! Come with a friend or find one in class.

- **11:45 a.m. - Sit-Fit-Fun**

These seated exercises deliver a mix of strength, endurance and flexibility challenges. Ramp up the fun by doing them with a partner!





THE RANCH

FITNESS CENTER & SPA



THE RANCH FITNESS CENTER AND SPA

Hatha Yoga

- Tuesdays and Thursdays, 11:00 a.m.
- Main Studio

Hatha Yoga begins with a slow flow of postures to warm the muscles and get your heart pumping. The class will then move into a strengthening series of longer holds to tone and lengthen the muscles. The practice concludes with a restorative series of deep, relaxing floor postures to encourage healing and openness in the joints and connective tissue. No previous yoga experience is required.

Yoga Flow

- Tuesdays, 7:00 p.m.
- Wednesdays, 11:00 a.m.
- Saturdays, 11:00 a.m.
- Main Studio

This class introduces more challenging aspects of the Vinyasa practice. Students are encouraged to explore the many layers of Yoga more deeply. This class includes guided breathing techniques and will engage you in the mindful practices of Yoga.

Power Yoga

- Mondays, 11:00 a.m.
- Main Studio

A vigorous, fitness-based vinyasa-style class guaranteed to build strength and endurance. This class emphasizes muscle building skills while promoting flexibility. Assorted yoga postures and progressions flow smoothly and quickly to challenge the body and deepen your practice. Class concludes with mindful breathing and relaxing stretches.



BEAT

- Tuesdays, 6:00 p.m.
- Fridays, 9:00 a.m.

This cardio jam session uses drum sticks to pound out the 'beat' and work up a sweat. Drum sticks are provided for this unique percussive party. Rev up your heart rate, fire up your muscles and ignite your inner 'rock star'! In addition to drumming other fitness equipment may be incorporated; floor exercises will be included in this class.

Tai Chi

- Thursdays, 6:00 p.m.
- Studio 3

Tai Chi is an ancient form of exercise that enhances the overall well-being of your body, mind and spirit. The essential principles of Tai Chi integrate the mind with the body, concentrating on breath and mental focus. Tai Chi is well known for its healthful support of strength, flexibility and balance, with an emphasis on its positive influence on preventing falls. Quiet your mind, reduce your stress and enhance your energy with Tai Chi.

THE RANCH FITNESS CENTER AND SPA

Power Cycling

- Mondays, Wednesdays and Fridays, 8:00 a.m.
- Saturdays, 9:00 a.m.
- Studio 3



Indoor cycling is a great way to enhance your cardiovascular health. Instructors will coach you through various road profiles to simulate a real road ride. This interval training workout is self paced and allows for you to determine how challenging your 'ride' should be. All fitness levels welcome.

Power Pump

- Mondays, 9:00 a.m. & 6:00 p.m.
- Tuesdays & Thursdays, 8:00 a.m.
- Wednesdays, 9:00 a.m.
- Saturdays, 10:00 a.m.
- Main Studio

This intensive strength training class incorporates barbells for a workout that will build muscle and burn fat. The barbells allow you to adjust the weight to appropriately load each muscle group. The strength exercises are challenging and transition quickly providing an additional cardiovascular benefit.



Muscle Mix

- Tuesdays and Thursdays, 10:00 a.m.
- Main Studio

This class enhances muscular strength, endurance and balance through a variety of standing floor exercises. A large assortment of equipment will be a part of this 'muscle mix' including step platforms, dumbbells, bands, medicine balls and more.

Power Play

- Tuesdays & Thursdays, 5:00 p.m.
- Main Studio



This total body conditioning class incorporates timed interval training for a workout that burns fat and builds muscle. The intervals focus on specific muscle groups targeting upper body, lower body and core strength. Participants work at their own pace ensuring success for all.

Bootcamp

- Wednesdays, 5:00 p.m.
- Main Studio

This no-nonsense workout utilizes resistance equipment and body weight training for a low impact, high energy challenge. Bootcamp is a full body workout designed to build strength and increase core stability. Class concludes with a comprehensive stretch; floor exercises will be included.

THE RANCH FITNESS CENTER AND SPA

Cardio Rewind

- Tuesdays
9:00 a.m.
- Main Studio

Rewind the moves and rev up the workout! This 'blast from the past' cardio class features low-impact aerobics and finishes with some simple toning and stretching exercises. Low on impact but high on energy, this cardio challenge will get your heart pumping.

Step Rewind

- Thursdays
9:00 a.m.
- Main Studio

Rewind the moves and rev up the workout! This 'blast from the past' cardio class features low-impact step aerobics and finishes with some simple toning and stretching exercises. Low on impact but high on energy, this cardio challenge will get your heart pumping.



Zumba

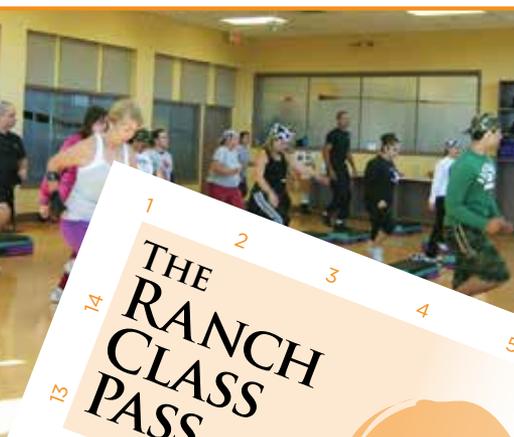
- Mondays, 10:00 a.m. & 7:00 p.m.
- Thursdays, 6:00 p.m.
- Fridays, 10:00 a.m.
- Main Studio

Ditch the workout and join the party! Zumba's high energy music blends the rhythms of salsa, meringue, cumbia with reggaeton and hip hop to bring you a dance style cardio workout like never before.



The 'Ranch Class Pass'

Not a member of the Ranch yet but want to try out some of our classes and programs? With the purchase of the 'Ranch Class Pass' you can participate in our group fitness classes. See the front desk at The Ranch for details.



Get F.I.T. with Small Group Personal Training at The Ranch!

F.I.T. = Functional Integrated Training. Train under the instruction of a personal trainer. The F.I.T. Studio is jam packed with the latest programming and equipment to get you into the best shape of your life!

F.I.T.® sessions include:

- TRX® Take off
- TRX® Turbo
- TRX® Healthy Joints
- X-Camp
- Sole Strength
- HIIT Wave
- Power Barre

HIIT Wave: HIIT Wave is interval training at its best! This circuit style workout incorporates WaterRower machines to provide an extreme interval challenge. Rowing, along with muscle building and fat torching circuit stations will get you results fast.

TRX® Take Off*: This small group personal training is perfect for the TRX® newcomer. This workout is based on a method of suspended body weight exercises leveraged against gravity. With specialized straps anchored to a suspension point you can easily adjust the resistance to tailor a workout specific to your needs and goals. Expect a strength workout that layers on a cardio challenge while training the core for improved stability.

TRX® Turbo*: This next level of TRX® training presents a faster paced workout with exercise progressions of greater intensity. Strength, cardio and balance will all be challenged in addition to the core stabilization that has become the TRX® trademark. It is highly recommended that participants in this group have prior TRX® experience.

TRX® Healthy Joints*: This specialized TRX® training is perfect for the active-ager wanting to improve strength, flexibility and balance. TRX® provides assistance for many exercises that might otherwise seem too challenging, enabling the user to gain success.



X-Camp*: This interval style workout incorporates elements of strength, agility and conditioning into a small group personal training format. Each session blends cross training with Bootcamp style exercises that focus on quantifiable repetitions and, or timing of your strength and cardio sets. Designed to burn fat and build muscle this workout promises a varied mix of functional training under the direction of a personal trainer.

Sole Strength*: Bare your 'soles' for an energizing barefoot workout. Shoes can inhibit the use of many muscles and joints in the feet. By freeing your feet you will discover new ways to awaken energy and balance in your body. This workout is carefully crafted to provide a significant strength and cardio challenge.

Power Barre*: Power Barre is a ballet inspired workout that fuses serious strength and graceful movement. This challenging session incorporates ballet barres and one pound exer-balls. Build long, lean muscles while improving core strength, posture and balance. Expect plenty of training for the entire body with a core-centric focus.

**F.I.T. sessions are fee based and space is limited.*

TRX® sessions limited to 6. X-Camp and Sole Strength sessions limited to 10.

See the front desk for details.



THE RANCH FITNESS CENTER AND SPA

Zumba Toning

- Wednesdays
10:00 a.m. and 6:00 p.m.
- Main Studio



Zumba® Toning combines body-sculpting exercises with high-energy Latin-infused Zumba® dance moves. Learn how to use lightweight, maraca Toning Sticks to enhance rhythm and tone muscles. Toning Sticks are not required to participate but will enhance the workout. See instructors for details.

H₂O Fit

- Mondays, Tuesdays, Thursdays, and Saturdays, 10:30 a.m.
- Mondays, Tuesdays, and Wednesdays, 6:00 p.m.
- Indoor Pool
- *Aqua class is limited to 25 participants. When necessary, sign-in is required at the front desk.

Water is a wonderful environment for exercise. Condition your body with less impact and greater resistance. Aqua fitness is a great option for those seeking an alternative to traditional land based classes.



Liquid Levels

- Wednesdays, 10:30 a.m.
- Indoor Pool
- *Aqua class is limited to 25 participants. When necessary, sign-in is required at the front desk.

This aqua class focuses on three different 'liquid levels' in the pool, all derived from specific movement unique to the water, rebounding, neutral and suspended. Expect a blend of cardio, strength and balance for a well-rounded workout.

Wet Sweat

- Thursdays, 6:00 p.m.
- Indoor Pool
- *Aqua class is limited to 25 participants. When necessary, sign-in is required at the front desk.

Get wet then sweat in this aqua class that fuses kickboxing with traditional shallow water exercises. The water's resistive properties provide an added challenge to the jabs, punches and kicks in this workout. Participants will move through a series of boxing drills followed by core conditioning and flexibility training.

Karate

- Thursdays, 7:00.m.
- Main Studio

This structured class focuses on a martial arts blend of Tae Kwon Do and Aikido led by an instructor with years of experience in teaching adult Karate. This non-contact class is designed with safety in mind and welcomes all fitness levels.

Flo-Yo

- Fridays, 10:30am
- Pool
- FREE

This aqua class is the perfect blend of cardiovascular and flexibility training. Flo-Yo is a unique workout that kicks off with a cardio challenge which is then followed by yoga inspired postures. Jump into the pool and improve your endurance, range of motion and balance.

Member Appreciation Week

Monday-Friday, January 16-20

• F.I.T. Studio

• **Monday, 10:00 a.m. - X-Camp**

Shed fat and sculpt muscles in this metabolic workout. Participants will go through a circuit of exercises that focus on functional strength and anaerobic training principles. This challenging session promises a varied mix of TRX®, BOSU and Kettlebell exercises under the direction of a personal trainer.

• **Tuesday, 10:00 a.m. - TRX® Tutorial**

This small group personal training format is perfect for the TRX newcomer. TRX® is based on a method of suspended body weight exercises leveraged against gravity. With specialized straps anchored to a suspension point, you can easily adjust the resistance to tailor a workout specific to your needs and goals.

• **Wednesday, 10:00 a.m. - HIIT Wave**

This circuit style workout incorporates WaterRowers to provide an intense interval challenge. Rowing, along with HIIT (high intensity interval training) exercises will take your workouts to the next level.

• **Thursday, 10:00 a.m. - Power Pump Clinic**

Join this clinic for a combination of theory and practical application to gain the skills required for Power Pump exercises. Personal trainers will demonstrate and explain proper strength training techniques to maximize the safety and effectiveness of your workouts.

• **Friday, 6:00 p.m. - Ladies Work Out, Night Out**

Ladies of the Ranch (*sorry...no men allowed*) are invited to join personal trainers for a Bootcamp workout then a night out to celebrate! Train strength, agility and conditioning in this high energy format. Work up a sweat, then caravan over to The Club at Candler Hills for healthy refreshments and a celebration of ladies night!



Total Barre Circuit

Thursday, February 9

10:00 a.m.

• Main Studio

A ballet inspired circuit class that fuses serious strength and graceful movement. Chairs will function as the ballet barres, and floor work will be included as well. Build long, lean muscles while improving core strength, posture and balance. Expect plenty of training for the entire body with a core-centric focus.

Zumba® Party

Saturday, March 11
9:00 a.m.

- Main Studio

Exciting rhythms and easy to follow dance moves set the tone for this special party. Our amazing Zumba® Team will lead you in this mega dance fest. Zumba® Party is a low impact workout that blends cardio and strength for total body conditioning.



World Tai Chi and Qigong Day

Saturday, April 29 - 9:00 a.m.

- Sholom Park

World Tai Chi and Qigong Day is celebrated in hundreds of communities, bringing people together across the globe. The event slogan, 'One Breath, One World' provides a unifying vision of health and wellness. Join Art Stalbow on this special day in beautiful Sholom Park to celebrate movement that calms the mind, energizes the body and inspires the soul. First time participants are encouraged to join!



Water Walking

Friday, May 19 - 10:30 a.m.

- Indoor Pool

Walk your way to wellness! Water enhances exercise in many ways; the buoyancy decreases joint impact and the resistance supports strength building. This special class is designed to promote overall health and wellness, with an emphasis on building a strong core, sound posture and good gait mechanics.

'Team Ranch' Cycle Training Day

Saturday, June 6 - 8:30 - 10:00 a.m.

- Studio 3

It's training day for 'Team Ranch'! Join this race-inspired spinning experience. All of the traditional road challenges you love with a fun twist; tandem trainers will lead you on this extended ride (90 minutes). Coaches will highlight the different training zones and cycle techniques to foster endurance and power. Take your ride to the next level; come prepared for high energy intervals, some friendly competition and lots of fun.



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#10252-6/16

TICKETS ON SALE!



JAN 21

JUST IMAGINE:
THE JOHN LENNON EXPERIENCE
STARRING TIM PIPER

JustImagineTheShow.com
Resident: \$29-31 | Non-Resident: \$31-33

JAN 28

MICHAEL CAVANAUGH

MichaelCavanaugh.com
Resident: \$45-47 | Non-Resident: \$47-49

JAN 13

SOLD OUT!

THE BRONX WANDERERS

TheBronxWanderers.com
Resident: \$21-23 | Non-Resident: \$23-25

FEB 10

BEGINNINGS
THE ULTIMATE TRIBUTE TO CHICAGO

BeginningsTributeBand.com
Resident: \$21-23 | Non-Resident: \$23-25

FEB 24

7 BRIDGES
THE ULTIMATE EAGLES EXPERIENCE

7BridgesBand.com
Resident: \$21-23 | Non-Resident: \$23-25

MAR 3

SUPER DIAMOND
THE NEIL DIAMOND TRIBUTE

SuperDiamond.com
Resident: \$28-30 | Non-Resident: \$30-32

MAR 24

RICHARD NADER'S DOO WOP & ROCK N' ROLL LEGENDS
FEATURING... THE CHARLIE THOMAS DRIFTERS, TOMMY MARA AND THE CRESTS AND TERRY SYLVESTER, FORMER LEAD SINGER OF THE HOLLIES

Resident: \$29-31 | Non-Resident: \$31-33

APR 7

THE COMPANY MEN

TheCompanyMen.com
Resident: \$24-26 | Non-Resident: \$26-28

JUL 1

DITCHFIELD FAMILY PATRIOTIC SHOW

TheDitchfieldFamilySingers.com
Resident: \$10-12 | Non-Resident: \$12-14



Circle Square Cultural Center

8395 SW 80th Street, Ocala, FL 34481 | (352) 854-3670 | CSCulturalCenter.com

TICKET OFFICE HOURS: Mon-Sat: 11 am - 2 pm | Day of Show: 11 am - Showtime

ALL SHOWS BEGIN AT 7 PM & DOORS OPEN AT 6 PM

(except as noted) Gift Certificates Available

Schedule and prices subject to change without notice. Reduced ticket prices are for residents of On Top of the World Communities and Stone Creek. (Resident ID required when purchasing at ticket office.) Ticket prices do not include sales tax. Refreshments available for purchase at events. To arrange for handicap seats, call or visit the ticket office. *Online tickets subject to a convenience fee. ALL TICKET SALES FINAL.



#13389 - 12/16

8409 SW 80th Street, Ocala, FL 34481

www.CircleSquareCommons.com

For leasing information, please contact
General Manager, Circle Square Commons at (352) 387-7515.

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(352) 861-9751 | masterthepossibilities.org

Monday - Friday, 8 am - 4 pm



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(352) 300-1150 | mydvs.com
Monday - Friday, 8 am - 5 pm



8405 SW 80th Street, Suite 11, Ocala, FL 34481
(352) 387-7647 | mariontitlefl.com
Monday - Friday, 8:30 am - 5 pm

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8399 SW 80th Street, Suite #15, Ocala, FL 34481
(352) 414-1922
Monday - Friday, 8 am - 5 pm



8399 SW 80th Street, Suite 16, Ocala, FL 34481
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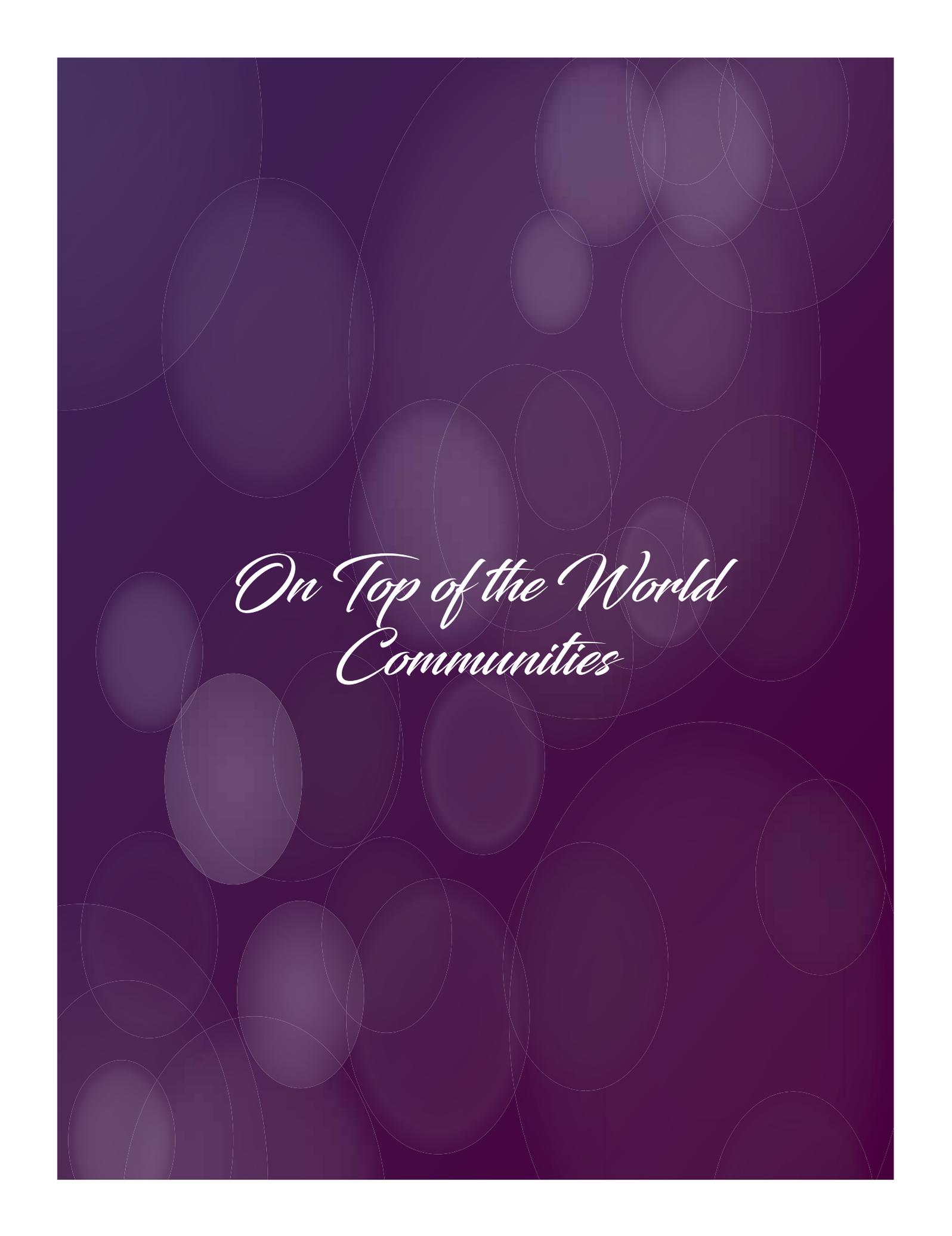
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The background is a dark purple gradient with a pattern of overlapping, semi-transparent light purple circles of various sizes, creating a bokeh or bubble effect.

*On Top of the World
Communities*