



JAMAICA

FITNESS SCHEDULE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8 AM HIIT	8 AM HIIT	8 AM HIIT	8 AM HIIT	8 AM HIIT	8 AM HIIT	8 AM HIIT
	10 AM Adult Tennis Clinic (Complimentary)		10 AM Adult Tennis Clinic	10 AM Adult Tennis Clinic	10 AM Adult Tennis Clinic	
	11 AM - 12 PM Pickleball Clinic	11 AM - 12 PM Pickleball Clinic	11 AM - 12 PM Pickleball Clinic		11 AM - 12 PM Pickleball Clinic	3 PM Kickboxing
	3:15 PM Kids Tennis Clinic		3 PM Kickboxing	11 AM - 12 PM Pickleball Clinic	3 PM Kickboxing	
		10 PM Adult Tennis Clinic	3:15 PM Kids Tennis Clinic (Complimentary)	3:15 PM Kids Tennis Clinic	3:15 PM Kids Tennis Clinic	
		3:15 PM Kids Tennis Clinic				

Buns/Abs Workout - US\$40

A buns/abs workout you cannot beat in targeting those “hard to handle” body parts that need a little bit more attention! Tone and firm up the tummy, hips, thighs and buns with this brilliant workout.

High Intensity Interval Training (HIIT)* - US\$40

If it is a system of efficiency you are looking for to get a good workout look no further. Your instructor at Halfmoon will plan a high intensity programme that will challenge even the novice workout enthusiast. By organizing a cardiorespiratory training with short bouts of intense exercise intervals, intermingled with periods of lower active recovery, you will keep burning fat even after you've left the gym!

Kickboxing - US\$40

Cardio kickboxing is a fitness class that combines martial arts techniques with fast-paced cardio. This high-energy workout challenges the beginner and elite athlete alike. Build stamina, improve coordination and flexibility.

Personal Training - US\$95

Do you have injuries, aches or pains? Would you like to increase your overall strength and endurance in your current workout, or are you a beginner and want to build a successful program to help reach your goals? Well look no further! Our trainers, ranging from Elite to Masters, have over 50 years of experience combined that can help design a unique functional pattern of movements that will help target your goals. By using Postural Assessments you will be able to achieve staggering results, far beyond what you ever imagined.

Pickleball Clinics - US\$30

Pickleball is an excellent alternative for your cardio workout, no matter the skill level or fitness goal. It is an enjoyable way to keep you active without putting excessive strain on your body.

Pickleball Lesson - US\$60

On your own or with a partner, our pro's input is unique and suited to one-on-one instruction to improve your drive and the power of your game

Tennis Clinic - US\$30 (Adults), US\$25 (Children)

Whether a beginner, novice or pro, our certified elite group of tennis pros can bring you a memorable experience. Our clinics will give you a taste of Jamaican love of the game on learning how to play or to strengthen your serve, backhand or volley.

Tennis Lessons

Come raise your game! These masterfully and accomplished group of players have represented Jamaica on many levels. Their experience will benefit you through the lessons offered for both adults and kids. Come get educated or enjoy hitting with our finest pros.

½ hour private tennis lesson - 1 person - US\$45

1 hour private tennis lesson - 1 person - US\$80

1 hour semi-private tennis lesson - 2 persons - US\$100

1 hour family tennis lesson - 3–5 persons - US\$130

Total Body Sculpt - US\$40

Body sculpting is one of the best ways to tone up and get in shape as it challenges all of your major muscle groups while you squat, press, lift and curl. This is a resistance-based workout using bars & weights to burn calories.

Cardio Tennis – US\$60

We are taking our tennis to the next level! By combining tennis and fitness we are offering an experience that is exhilarating and dynamic. You will be incorporating a lot of explosive movements to get the fast twitch muscles firing and help push the anaerobic threshold. Agility, ballistic and plyometric drills are just a few of our functional movement techniques you will see.

Percussion Gun Therapy – US\$60 (30mins)

Do you have any injuries or soreness? This myofascial recovery and injury prevention technique is a combination of both A.R.T (ACTIVE RELEASE THERAPY) and P.R.T (PAIN REPROCESSING THERAPY) that will soothe the body. Through our percussion gun, we will correct imbalances and relax your fascia all while you feel you are dreaming from smooth concentrated beats. Come Let us relax you from preworkout activation to intra and post-workout recovery.

Personal Training Package – US\$150 – (To include Percussion Therapy)

We have combined our personal training and percussion gun therapy to give you the best of both worlds. Learn how to correct functional movement patterns and enjoy the wonderful feeling of relaxing fatigue and muscle tension. You will be leaving your session feeling invigorated and relaxed from tranquil, percussive beats.