

Community Groups & Activities

Fitness Class

Mondays, Wednesdays & Fridays

5:00 am – 6:00 am

Aquatic Club Parking Lot

Begin Your Shift! Check out this small group strength training. This program runs on an 8-week cycle focused on building muscular and cardiovascular strength. Please contact Katie at 724-822-7288 or check out her website: <https://beginyourshift.com/>

iStroll

Thursdays- Ibis Park 9:30 am

Fridays - Starling Park 9:30 am

iStroll Brandon is in Fishhawk Ranch! iStroll meets at Ibis Park and will be there every Thursday. iStroll is the ultimate 60-minute stroller workout made by athletes for parents. We incorporate running, body weight, dumbbells, and resistance bands. It gives both moms and dads a full body workout while keeping babies moving and happy! Bring a yoga mat, dumbbells (if you don't have them, don't worry because we always have extra!) and water. Check out our Facebook page at www.Facebook.com/istrollbrandon or our website at www.istroll.com/brandon. We can't wait to meet you.

Music Together with Jess

Thursdays 9:30 am – 10:30 am

Starling Tennis Club

8-week program beginning April 4th

Parent-child music classes right here in Fishhawk Ranch! Every week at Music Together with Jess, babies, toddlers, preschoolers, and the grown-ups who love them come together to play musically. Classes are set up in semesters, meet once a week for 45 minutes, and last a total of 8 weeks. Come sing, move and dance with us! Thursday mornings at 9:30am at Starling Tennis Club. More information at www.musictogetherwithjess.com or by calling Jess Waldman @ 843-789-9298.

We Play Pickleball Classes

Mondays & Wednesdays

2 Sessions

5:00 - 6:00 pm

6:00 - 7:00 pm

Hawk Park

“Creating a love for Pickleball & a community to support your journey.”

3-week adult introductory Pickleball program

Secure your spot at Weplaypickleball.co

Weplaypickleballfl@gmail.com

TENNIS LESSONS

Starling Tennis Club

MJS TENNIS

For information on lessons & clinics contact Molly Schwartz at (813) 492-9591

or email molly34787@gmail.com.

JONATHAN LIN

For information on lessons & clinics contact Jonathan Lin at (415) 572-2799 or

email jonathantenniscoach@gmail.com

Tae Kwon-Do

Monday, Tuesday & Thursday

Osprey Club

1st class: 5:30 - 6:30 pm

2nd class: 6:30 - 7:30 pm

Classes are currently full, and we are establishing a wait list. For further information, contact Sabumnim Lyles at (813) 598-3282 or

fishhawktkd@gmail.com.

Watch Me Swim

Monday, Tuesday, Wednesday, Thursday

8:00 am - 10:00 am

Starling Club

The area's leading provider of self-rescue swim school for infants and young children since 2000. We bridge between two philosophies to provide a well-rounded aquatic experience that goes beyond traditional swim lessons.

Through our one-on-one, individualized lesson program, children learn essential life saving aquatic skills along with the enjoyment of

recreational swimming in just a matter of weeks. For more information contact Diana Daoud at (646) 659-9607 or email admin@watchmeswim.com.

WobbelYoga

Kids

Mondays 4:30 pm- 5:30 pm

Thursdays 3:15 pm – 4:15 pm

Homeschoolers

Tuesdays

10:00 am – 11:00 am

Families

Sundays

9:30 am – 10:30 am

** for exact dates, contact us for more information.*

Starling Tennis Club

Wobbelyoga combines the best of yoga with all the possibilities offered by the Wobbel. The Wobbel innovates yoga lessons, by giving us a fun and challenging way to work on strength, balance and concentration. The lessons help children to increase their body awareness and their self-confidence. We include yoga poses on the Wobbel, alternate effort with relaxation, practice different styles of breathing and work on mindfulness. www.wobbelfunyoga.com

Yoga

Mondays, Wednesdays: 6:30pm- 7:30pm

Saturdays: 9:00am-10:00 am

Starling Club

Gentle Yoga - To get the most out of your yoga practice and to feel confident in attempting more challenging postures, it is important that you start with a strong foundation. This gentle yoga class aims to teach all the fundamentals to those who are new to yoga or to those wanting a gentle paced class. Everyone must start somewhere. The focus is on listening to your body and moving in a way that works for you, not worrying about those around you. For more information go to Fishhawkyoga.com.

Community Groups

All Community Groups are FREE to join!

Pickleball

Monday/Wednesday/Friday 8:30 a.m. - 10:30 a.m.

Tuesday/Thursday 5:00 p.m. - 7:00 p.m.

Hawk Park Pickleball Courts

The Pickleball Community Group is open to all FishHawk residents. All skill levels welcome. For more information, please contact Kaliym Islam at kislam@mac.com or Pam Mirra at pam@pammirra.com.

OWLS

2nd Thursday of even numbered months

6:00-8:30 pm

Starling Tennis Club

OWLS, Older, Wiser, Livelier, Seniors is a group of FishHawk Ranch residents 50 and older who enjoy getting together, meeting new people, and planning fun activities. The OWLS will meet on the 2nd Thursday of even numbered months at 6:00 p.m. OWLS also meet on the 2nd Wednesday of odd numbered months for dining out. Members will receive an Evite for these events, and they will also be posted on the FB page. Visit our Facebook page at FishHawk Ranch O.W.L.S. for details. Membership is limited to FishHawk Ranch CDD residents only. If you would like to join our group, email inquiries to FHRowls@gmail.com.

Zumba

March 20-May 22

Wednesdays 9:30 am

Osprey Club

Join us for a fantastic workout that combines Latin and International music with easy to follow dance moves. Zumba is suitable for people of all ages and fitness levels, making it the perfect exercise for everyone. Spring Session includes 10 classes starting from March 20th. For more information contact, Suman at 201-912-6229 or sumansrivast@gmail.com.

WWDanceYoga

Tuesday 10:00 a.m. - 11:30 a.m.

Osprey Club

WWDanceYoga meets every Tuesday to practice Yoga, led by one of the group members, or dance learned from YouTube. Currently, we are practicing Yoga. Once the group members decide which dances to perform, we will learn the dances at home and assemble them during the club meeting. For further information, please contact Yanhong Wang at 517-831-1763.

FishHawk Ladies' Life Coaching

First Thursday of each month

7:00 pm

Osprey Club Theater

A supportive group for women to learn how to apply a simple, yet powerful self-inquiry technique to help them create happier, more peaceful lives. For more information, please **RSVP to** Sharon Herb at 813-426-7240 or Sharonherblifecoaching@gmail.com.

Men's Basketball

Mondays 6:00 pm – 8:30 pm

Saturdays 8:00 am – 12:00 pm

Osprey Club

This group is exclusively for FishHawk residents aged 25 and up who want to enjoy a fun and competitive basketball experience. Don't miss out on this chance to get involved in your community and join the FishHawk Ranch Men's Basketball Group today. Be sure to join us on Facebook at <https://www.facebook.com/FHRHoops> for updates, news, and information. If you have any questions or would like to register, please don't hesitate to email us at codyyoung19@gmail.com. See you on the court!