



GROUP EXERCISE CLASS SCHEDULE

Classes are **30 minutes long except** Aqua Fitness, Boot Camp & Yoga

Classes are free & occupancy varies per class

Fitness Center Hours:

Monday – Friday 5:30 am – 9:45 pm

Saturday & Sunday 8:00 am – 8:45 pm

Contact: (305) 591-8800 Ext.112

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Location	Other
06:30 am		Zumba Toning Paola		Zumba Toning Paola			Fitness Center	
07:00 am	Spinning Vicki	Toning Arms & Abdominals Teo	Pilates/Yoga & Cardio Mix Vicki	Toning/Legs Teo	Spinning Vicki		Fitness Center	
08.15 am		Toning Teo		Toning Teo			Fitness Center	
08:30 am	Toning/Legs Vicki		Toning/Legs Vicki		Toning Arms & Abdominals Teo		Fitness Center	
			Cardo Tennis Marcos				Tennis Center	Ext. 107
08:50 am		Toning Teo		Toning Teo			Fitness Center	
09:30 am		Zumba Mary			Zumba Mary		Fitness Center	
10:00 am	Toning Teo		Toning Teo	Toning Teo			Fitness Center	
10:30 am (1 Hour)			Aqua Fitness Kara				Pool	Weather Permitting
11:00 am		Pilates Cardio Valentina		Pilates Cardio Valentina	Zumba Toning Mary		Fitness Center	
11:30 am	Zumba Toning Mary		Zumba Toning Mary				Fitness Center	
5:00 pm (1 Hour)	Boot Camp Ages 12 - 18 Teo		Boot Camp Ages 12 - 18 Teo		Boot Camp Ages 12 - 18 Teo		Tennis Pavilion	Parents Must register their kids under 16
6:00 pm (1 Hour)	Yoga Parents & Kids Gabriela		Yoga Parents & Kids Gabriela				Tennis Pavilion	Kids Ages 8-16 Must be with an adult at all times
6:30 pm	Spinning Teo		Spinning Teo				Fitness Center	
7:00 pm		Zumba Toning Paola		Zumba Toning Paola			Fitness Center	
7:30 pm (1 Hour)		Yoga Gabriela		Yoga Gabriela			Tennis Pavilion	
8:20 pm	Zumba Fitness Rosana		Zumba Fitness Rosana	Zumba Fitness Rosana				

- Classes are for **Member Use Only**.
- Membership ID required for admission.

- First-come-first-serve basis.
- Members must sign in for entry.

Revised: 11.01.2017