



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

me	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Location	Other
07:00 am	Spinning Vicki	Toning Teo	Pilates/Yoga & Cardio Mix Vicki	Toning Teo	Spinning Vicki		Fitness Center	
08.15 am		Toning Teo		Toning Teo			Fitness Center	
08:30 am	Toning/Legs Vicki		Spinning/ Vicki Cardio Tennis Marcos		Toning Teo		Fitness Center	Tennis Center Ext. 107
08:50 am		Toning Teo		Toning Teo			Fitness Center	
09:00 am					Toning Teo		Fitness Center	
09:30 am	Toning Teo	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 (3/4 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
6:00 pm	Toning Teo		Toning Teo				Fitness Center	
6:30 pm	Spinning Teo		Spinning Teo				Fitness Center	
7:00 pm		Zumba Toning Rosana		Zumba Toning Mary			Fitness Center	
7:30 pm (1 Hour)		Yoga Gabriela		Yoga Gabriela			Tennis Pavilion	
8:00 pm			Zumba Toning Rosana				Fitness Center	
8:20 pm	Zumba Fitness Rosana			Zumba Fitness Rosana			Fitness Center	
8:30 pm			Zumba Toning Rosana				Fitness Center	

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

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

Revised: 03.06.2019