



## GROUP EXERCISE CLASS SCHEDULE

Classes are **30 minutes long except** Aqua Fitness, Boot Camp, Pilates & 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	Location	Other
07:00 am	Spinning <b>Vicki</b>	Toning <b>Teo</b>	Pilates/Yoga & Cardio Mix <b>Vicki</b>	Toning <b>Teo</b>	Spinning <b>Vicki</b>	Fitness Center	
08.30 am	Toning <b>Teo</b>	Toning <b>Teo</b>	Toning <b>Teo</b>	Toning <b>Teo</b>	Toning <b>Teo</b>	Fitness Center	
09:00 am	Toning <b>Teo</b>	Toning <b>Teo</b>		Toning <b>Teo</b>	Toning <b>Teo</b>	Fitness Center	
10:30 am (1 Hour)		Aqua Fitness <b>Kara</b>				Pool	<b>Weather Permitting</b>
11:00 am (3/4 Hour)		Pilates Cardio <b>Valentina</b>		Pilates Cardio <b>Valentina</b>		Fitness Center	
11:30 am	Zumba <b>Mary</b>		Zumba <b>Mary</b>		Zumba <b>Mary</b>	Fitness Center	
<b>Afternoon</b>							
5:00 pm (3/4 Hour)	Boot Camp Ages 12 - 18 <b>Teo</b>		Boot Camp Ages 12 - 18 <b>Teo</b>			Tennis Pavilion	<b>Parents <u>Must</u> register their kids under 16</b>
6:00 pm	Toning <b>Teo</b>		Toning <b>Teo</b>			Fitness Center	
(1 Hour)	Yoga Parents & Kids <b>Gabriela</b>					Tennis Pavilion	<b>Kids Ages 8-16 <u>Must</u> be with an adult at all times</b>
6:30 pm	Spinning <b>Teo</b>		Spinning <b>Teo</b>			Fitness Center	
7:30 pm (1 Hour)				Yoga <b>Gabriela</b>		Tennis Pavilion	
8:00 pm	Zumba <b>Rosana</b>	Zumba Toning <b>Rosana</b>	Zumba <b>Rosana</b>	Zumba Toning <b>Rosana</b>		Fitness Center	
8:30 pm			Zumba <b>Rosana</b>			Fitness Center	

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

- First-come-first-serve basis. **No advance reservation allowed.**
- Members must sign in for entry.

**Revised:** 01.01.2020