



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 |
|-----------------------|---|------------------------------------|--|------------------------------------|---|----------|-----------------|---|
| 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 <u>Must</u> register their kids under 16 |
| 6:00 pm (1 Hour) | Yoga Parents & Kids Gabriela | | Yoga Parents & Kids Gabriela | | | | Tennis Pavilion | Kids Ages 8-16 <u>Must</u> 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. **No advance reservation allowed.**
- Members must sign in for entry.

Revised: 07.17.2019

