

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6 AM		SPINNING BLAKE	SPINNING SALLY	SPINNING BLAKE	SPINNING SALLY	SPINNING SALLY	
6:30 AM							
7 AM		CARDIO BALANCE SHEBAH	SWIM CIRCUIT JESSICA BOOT CAMP PHILIP	ROCK'N FIT BODY SHEBAH	SWIM CIRCUIT JESSICA BOOT CAMP PHILIP	CARDIO BALANCE SHEBAH	
8 AM		CORE ACTION SHEBAH SUNRISE YOGA ALEX	THERA FLOW TANIS	CORE ACTION SHEBAH SUNRISE YOGA ASSIA	THERA FLOW TANIS	CORE ACTION SHEBAH HATHA YOGA TYSR	BODY SCULPT MARGARET
8:30 AM	SPINNING BLAKE BODY SCULPT MARGARET						SPINNING PHILIP POWER WALK SALLY
9 AM		BODY SCULPT JOJO SPINNING PHILIP YIN STRETCH TANIS	ZUMBA JON SPINNING ERICA	ABS ROCK RUTH SPINNING ERICA RESTORATIVE JEANETTE	ZUMBA JON SPINNING ERICA	BODY SCULPT JOJO SPINNING PHILIP HYDRO PILATES ANN	AQUA FITNESS MARIA ZUMBA CATHY
9:30 AM	HATHA YOGA LOREE	HYDRO PILATES ANN	AQUA FITNESS SALLY	HYDRO PILATES ANN	AQUA FITNESS SALLY	STRETCH TANIS	TAI CHI TYSR
10 AM	ROCK N SCULPT RUTH	BODY SHOP CATHY	BODY BLAST ERICA PILATES GINA	ZUMBA MARIA ELENA	BODY BLAST ERICA PILATES CHRISTA	BODY SHOP CATHY	ROCK N SCULPT RUTH SPINNING SALLY
10:30 AM		AQUA FITNESS SALLY		AQUA FITNESS JESSICA		RESTORATIVE YOGA ASSIA	
11 AM	YOGA 1 LOREE	ZUMBA CATHY PILATES NIKITA		PILATES NIKITA		ZUMBA LUCA	VINYASA YOGA DEBRA LEE
12 PM		YOGA ALL LEVELS JEANETTE	HATHA YOGA LOREE	YOGA ALL LEVELS JEANETTE	VINYASA YOGA DEBRA LEE	VINYASA YOGA DEBRA LEE	
12:15 PM			SPINNING BRAD		SPINNING BRAD		
4:30 PM							VINYASA YOGA DEBRA LEE
5 PM		BOOTY CAMP RUTH	STRONG IDANIA POWER YOGA ASSIA	BOOTY CAMP Cathy	BODY SCULPT JESSICA POWER YOGA ASSIA	POWER YOGA ASSIA	
5:30 PM		SPINNING PHILIP YOGALATES CHRISTA	BOOT CAMP PHILIP	YOGALATES CHRISTA	BOOT CAMP PHILIP		
6 PM	VINYASA YOGA DEBRA LEE	ZUMBA CATHY	CARDIO STRETCH RUTH FIT WALK JESSICA SPINNING DAVID	SPINNING PHILIP CARDIO STRENGTH RUTH	ZUMBA JON FITWALK JESSICA SPINNING DAVID		
6:30 PM		AQUA FITNESS JESSICA	RESTORATIVE JEANETTE	TAI CHI TYSR AQUA FITNESS MARIA	RESTORATIVE JEANETTE		
7 PM		CARDIO KICKBOXING BECKY	ZUMBA LUCA	CARDIO KICKBOXING BECKY			

CLASS LENGTH TIMES ON REVERSE SIDE.

Personal Training Available: Please visit the fitness center front desk or call 305-445-8066 ext 2684.



CLASS NAME DESCRIPTION

- 60 MIN **Ab's Rock:** Core strength and conditioning
- 60 MIN **Aqua Fitness:** Full body toning
- 60 MIN **Body Blast:** Similar to body sculpt with emphasis on specific body parts
- 60 MIN **Body Sculpt:** A non aerobic toning class
- 60 MIN **Body Shop:** Interval training combining cardio with sculpting
- 30 MIN **Boot Camp:** A 30 minute intense outdoor workout that will challenge you like no other
- 60 MIN **Booty Camp:** A challenging indoor training workout focusing on the glutes and legs
- 60 MIN **Cardio Balance Training:** A mix of aerobic training with balance skills
- 60 MIN **Cardio Kick Boxing:** An aerobic workout using boxing and martial arts moves
- 60 MIN **Core Action:** A complete workout with a focus on fat burning
- 60 MIN **Fit Walk:** Low impact mix of vigorous walking and light toning
- 60 MIN **Fun Run:** Approximately 3 Miles at a 10 minute pace.
- 60 MIN **Hard 'Core':** Designed for core strengthening
- 90 MIN **Hatha Yoga:** Postures, breathing and meditation
- 60 MIN **Hydro-Pilates:** Pilates in our beautiful pool
- 60 MIN **Pilates:** Body conditioning for flexibility, strength and endurance
- 75 MIN **Power Yoga:** Yoga with a strength emphasis
- 60 MIN **Power Walk:** A brisk 50 minute walk through historic Coral Gables
- 90 MIN **Restorative Yoga:** A method with props and long hold times that open the body in a more passive way.
- 60 MIN **Rock n' Sculpt:** A body sculpt class with a strong 15 - 20 minute cardio blast
- 60 MIN **Rockin' Fit Body:** A head to toe workout - targeting all body parts
- 75 MIN **Skanda Power Yoga:** Breath inspired power Hatha Yoga.
- 90 MIN **Slow Flow Yoga:** A slower, more consistently moving Vinyasa
- 60 MIN **Spinning:** Indoor cycling
- 60 MIN **Stretch:** Focusing on reducing muscle-tendon viscosity and increasing elasticity.
- 60 MIN **Sunrise Yoga:** Designed for muscle strength, flexibility and attunement. Great start to your day.
- 60 MIN **Therapeutic Flow:** Stretch your body using static movement and breath awareness
- 75 MIN **Tai Chi:** An internal Chinese martial art practiced for both defense training and health benefits.
- 90 MIN **Vinyasa Yoga:** A flowing, dynamic form of yoga
- 60 MIN **Yogalates:** A healthy mix of Yoga with a Pilates emphasis
- 90 MIN **Yin Yoga:** The specific style of practice targets connective tissues which require deeper stimulation.
- 90 MIN **Yoga Flow:** Similar to Vinyasa with more flowing movement
- 90 MIN **Yoga/Yoga I:** The basic physical, mental and spiritual discipline
- 60 MIN **Zumba:** Fun and effective cardio workout set to latin music