

# DECEMBER 2 - 18, 2022

## Fitness Class Schedule

**MIAMI LAKES**  
ATHLETIC CLUB

|            | Monday                                 | Tuesday                                 | Wednesday                                | Thursday                                      | Friday                                    | Saturday                                                                                                                                                                                                                                                                                                                                                                                                                                                                              | Sunday                          |
|------------|----------------------------------------|-----------------------------------------|------------------------------------------|-----------------------------------------------|-------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------|
| Club Hours | 5:00A — 10:00P                         | 5:00A — 10:00P                          | 5:00A — 10:00P                           | 5:00A — 10:00P                                | 5:00A — 9:00P                             | 7:00A — 5:00P                                                                                                                                                                                                                                                                                                                                                                                                                                                                         | 8:00A — 3:00P                   |
| 6:00AM     |                                        | <u>5:30am</u> Spin&Sculpt<br>Gitte (#2) | Spinning<br>Andrea (#2)                  |                                               | <u>5:30am</u> Spin&Sculpt<br>Lourdes (#2) |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |                                 |
| 7:00AM     |                                        |                                         | Vinyasa Yoga<br>Paula (#3)               |                                               | Vinyasa Yoga<br>Paula (#3)                |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |                                 |
| 8:30AM     |                                        |                                         |                                          |                                               |                                           | CORE<br>Karen(#3)                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |                                 |
| 9:00AM     | ZUMBA<br>Georgina (#3)                 | Core Pilates<br>Andrea (#3)             | ZUMBA<br>Georgina (#3)                   | Yogalates<br>Andrea (#3)                      | ZUMBA<br>Sandra(#3)                       | Spinning<br>Karen(#2)                                                                                                                                                                                                                                                                                                                                                                                                                                                                 | Core Pilates<br>Andrea (#3)     |
| 10:00AM    | Spinning<br>Cathy (#2)                 |                                         | <u>9:30AM</u> -Spin&Sculpt<br>Cathy (#2) |                                               |                                           | ZUMBA<br>Vernalis (#3)                                                                                                                                                                                                                                                                                                                                                                                                                                                                |                                 |
|            | Barre Basics<br>Christina(#3)          | Pump It Up!<br>Maria(#3) starting 11/15 |                                          | Spin Power Hour<br>Andrea (#2)                | Pump It Up!<br>Maria (#3)                 | STRONG Nation<br>Juliana/Catalina(#3)                                                                                                                                                                                                                                                                                                                                                                                                                                                 | Spinning<br>Andrea #2)          |
|            | Silver Sneakers<br>Circuit (gymnasium) | Silver Sneakers<br>Circuit (gymnasium)  | Silver Sneakers<br>Circuit (#3)          | Silver Sneakers<br>Circuit (gymnasium)        |                                           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       | ZUMBA<br>Sandra (#3)            |
|            |                                        |                                         |                                          |                                               |                                           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |                                 |
| 11:00AM    | Silver Sneakers<br>Classic (gymnasium) | Silver Sneakers<br>Classic (gymnasium)  | Silver Sneakers<br>Classic (#3)          | Silver Sneakers<br>Classic (gymnasium)        | Tai Chi<br>Terry (#3)                     |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |                                 |
| 11:30AM    |                                        |                                         | Tai Chi<br>Terry (gymnasium)             |                                               |                                           | YogaMukta<br>Bonnie(#3) 90 mins.                                                                                                                                                                                                                                                                                                                                                                                                                                                      | Hatha Yoga<br>Paula(#3)90 mins. |
| 12:00PM    | Vinyasa Yoga<br>Bonnie(#3)             |                                         | Chair Yoga<br>Clary(#3)                  |                                               | Restorative Yoga<br>Clary(#3)             |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |                                 |
| 4:30PM     | Core Pilates<br>Andrea (#3)            |                                         | Power Barre<br>Andrea(#3)                |                                               |                                           | <p>All classes are <b>50 minutes</b> in length unless otherwise noted. Classes and Instructors are subject to change.<br/>(Class descriptions on reverse side)</p> <p>PLEASE BRING YOUR OWN MAT, TOWEL &amp; WATER BOTTLE TO CLASS</p> <p><b>STUDIOS</b><br/>Studio #2 = Spinning Studio (#2)<br/>Studio #3 = Large Studio (#3)<br/>** = paid class</p> <p><b>**Please purchase classes at the Front Desk prior to start time.</b><br/><b>Belly Dance (TBA)) —\$5 per class**</b></p> |                                 |
| 5:30 PM    |                                        | ZUMBA<br>Vernalis(#3)                   |                                          | Spin & Sculpt<br>Christina (#2)               |                                           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |                                 |
|            |                                        |                                         |                                          |                                               |                                           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |                                 |
| 6:00 PM    | PUMP IT UP!<br>Terry(#3)               |                                         | PUMP IT UP!<br>Terry(#3)                 | ZUMBA<br>Vernalis (#3)                        |                                           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |                                 |
| 6:30PM     |                                        | Boot Camp & STEP<br>Terry (#3)          |                                          |                                               |                                           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |                                 |
| 7:00 PM    | ZUMBA<br>Catalina(#3)                  |                                         | ZUMBA<br>Sandra (#3)                     | <u>7:15pm</u> YogaMukta<br>Bonnie(#3) 90mins. |                                           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |                                 |
| 7:30 PM    |                                        | YogaMukta<br>Bonnie (#3) 75mins.        |                                          |                                               |                                           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |                                 |

# Fitness Class Descriptions

## Barre Basics /Power Barre

Start your body transformation today in this barre inspired workout. Barre Basics helps build strong, lean and elongated muscles, improves your core strength & posture and challenges your entire body. Power Barre adds cardio moves to this ballet inspired class. Please bring your own mat and water bottle.

## Boot Camp & STEP

Get Ready to sweat in this full body workout with strength & power training using the STEP and dumbbells. Bring your own towel & water bottle.

## Chair Yoga

Soothe the mind & body with this yoga class seated in a chair. Various poses, breathing techniques & stretching integrated throughout the class.

## Core

A killer core workout that focuses on all the interconnected muscles of the torso to help increase your power to carry out movement. Please bring your own mat. *(25 Mins.)*

## Hatha Yoga

Yoga that teaches physical postures, purification, and meditation. Based on Asanas and Pranayama which will leave you looser and relaxed. Please bring your own mat.

## Pilates / Core Pilates

This mat based Pilates class offers a body balancing system that strengthen , lengthens, realigns, and defines your body. CORE Pilates is a mat based class that works to the deepest levels of core muscles which helps you stabilize & support your spine, improves posture, balance and over all strength. Please bring your own mat and water bottle.

## Pump It Up!

Full-body workout using moderate weights (barbell & dumbbells), helps reduce body fat and build strong muscles & bones. Bring your own mat.

## Restorative Yoga

Learn to relax and soothe your nerves with passive poses to help you feel rejuvenated. Please bring your own mat and towel.

## Silver Sneakers Classic / Circuit

CLASSIC—A seated class designed to increase strength, range of movement, agility, balance and coordination. (45 mins.) CIRCUIT—This class safely increases intensity levels by alternating upper body strength training with low-impact aerobics movements. (45 mins.)

## Spinning

Get your heart pumping in this high-intensity exercise class on a stationary bicycle. Journeys include hill climbs, sprints, & intervals.

## Spin & Sculpt / Spin Power Hour

A spinning class that combines the health benefits of aerobics with strength training. Resistance training will utilize tubing, your own body weight or dumbbells to complete a full body workout. POWER Hour provides a HIIT approach to the Spin& Sculpt class.

## STRONG Nation

This full body workout combines body weight exercises, muscle conditioning, cardio and plyometric moves that have been synced to original music specifically designed to match every beat. Don't forget your water bottle.

## Tai Chi

Ancient Chinese exercise that focuses on breathing and energy channels known as meridians. Promotes internal healing and balance.

## Vinyasa Yoga (Flow Yoga)

A style of yoga characterized by arranging postures in an order, so you move from one to another seamlessly, using breath. Bring your own mat and towel.

## Yogalates

This combination Yoga/Pilates class takes the flexibility & meditative elements of yoga and fuses them with the muscle strengthening & toning of Pilates. Please bring your own mat.

## Yoga Mukta

A class of liberation, work at your own level, free of attachment. A blend of Hatha & Vinyasa yoga, with special attention to alignment. Bring your own mat. (90 Mins.)

## Zumba

A Latin dance class with lots of flare. Choreographed routines designed to get your heart pumping and hips moving. (salsa, merengue, hip-hop, mamba)