

# NOVEMBER 2023

## Fitness Class Schedule

Happy  
Thanksgiving!

**MIAMI LAKES**  
ATHLETIC CLUB

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Club Hours</b>	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
<b>6:00AM</b>		Vinyasa Yoga Gitte(#3)	Spinning Andrea (#2)	Vinyasa Yoga Gitte(#3)	5:30am Spin &Sculpt Lourdes (#2)		
<b>7:00AM</b>			Vinyasa Yoga Paula (#3)		Vinyasa Yoga Paula (#3)		
<b>8:30AM</b>						CORE Karen(#3)	
<b>9:00AM</b>	ZUMBA Georgina (#3)	Power Pilates Andrea (#3)	ZUMBA Georgina (#3)	Yogalates Andrea (#3)	ZUMBA Sandra (#3)	Spinning Karen (#2)	Core Pilates Andrea (#3)
	Spinning Cathy (#2)					ZUMBA TBA (#3)	
<b>10:00AM</b>	Barre Basics Christina (#3)	Pump It Up! Maria(#3)	9:30AM-Spin&Sculpt Cathy (#2)	Spin & Sculpt Andrea(#2)	Pump It Up! Maria (#3)		Rhythm/Power/Flow SPIN Andrea(#2)
	Silver Sneakers Circuit (gymnasium)	Silver Sneakers Circuit (gymnasium)	Silver Sneakers Circuit (#3)	Silver Sneakers Circuit (gymnasium)	*Latin Ballroom* \$10 Manny (gymnasium)		ZUMBA Sandra (#3)
				ZUMBA Manny(#3)			
<b>11:00AM</b>	Silver Sneakers Classic (gymnasium)	Silver Sneakers Classic (gymnasium)	Silver Sneakers Classic (#3)	Silver Sneakers Classic (gymnasium)	Tai Chi Terry (#3)		
<b>11:30AM</b>		ZUMBA Manny(#3)	11am—Tai Chi Terry (gymnasium)			YogaMukta Bonnie(#3) 90 mins.	Hatha Yoga Paula(#3)90 mins.
<b>12:00PM</b>	Vinyassa Yoga Bonnie(#3)		Chair Yoga Clary(#3)		Restorative Yoga Clary(#3)		
<b>4:30PM</b>	Pilates Andrea (#3)	Pilates Fusion Miriam(#3)	Barrelates Andrea (#3)	Barre Basics Christina (#3)			
<b>5:30 PM</b>		ZUMBA TBA (#3)		Spin & Sculpt Christina (#2)			
<b>6:00 PM</b>	PUMP IT UP! Terry #3)		PUMP IT UP! Maria(#3)	ZUMBA TBA (#3)			
<b>6:30PM</b>	Spinning Karen(#2)	Boot Camp Jeff(#3)					
<b>7:00 PM</b>	ZUMBA Catalina (#3)		ZUMBA Sandra (#3)	7:15pm YogaMukta Bonnie(#3) 90mins.			
<b>7:30 PM</b>	7pm *Kick Boxing* Terry (paid class \$10)	YogaMukta Bonnie (#3) 75mins.					

All classes are **50 minutes** in length unless otherwise noted. Classes and Instructors are subject to change.  
(Class descriptions on reverse side)

PLEASE BRING YOUR OWN MAT & WATER BOTTLE TO CLASS

### STUDIOS

Studio #2 = Spinning Studio (#2)

Studio #3 = Large Studio (#3)

\* = paid class

purchase tkts. at the Front Desk

THANKSGIVING DAY 6am-12pm  
BLACK FRIDAY 8am-5pm

# Fitness Class Descriptions

## Barrelates

Create a lean toned physique with a combination of Barre and Pilates. Please bring your own mat and water bottle.

## Barre Basics

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.

## Boot Camp

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

## 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.

## KICKBOXING CLASS

A total body workout combining boxing, aerobics & martial arts. \$10 per class  
Private Kickboxing lessons also available on Friday mornings. Semi-\$35 / Private-\$60

## Latin Ballroom

A mix of different Latin rhythms; Chacha, Samba, Rumba and Jive. Come out and learn how to dance! \$10 per class—please purchase a ticket at the Front Desk.

## Pilates / Pilates Fusion

Pilates- This mat based Pilates class offers a body balancing system that strengthen , lengthens, realigns, and defines your body. Pilates Fusion– Adds a modern twist to classical Pilates incorporating exercises from different workout modalities like barre, yoga, and free mobility flow. Please bring your

## Power Pilates

Power 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. Please bring your own mat and towel.

## Rhythm/Power/Flow SPIN

The rides are designated to give you a full body and mind experience that encourages you to become your best self, while working on your rhythm.

## Silver Sneakers Classic /Circuit

Classic—A seated class focusing on strengthening muscles, improving balance, agility, coordination and increasing range of movement for daily life activities. Circuit— This class safely increases intensity levels by alternating standing upper body strength training with standing low-impact aerobics. (45mins)

## Spinning

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

## Spin & Sculpt

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.

## Tai Chi

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

## Vinyasa Yoga / Restorative Yoga

Vinyasa Yoga—A style of yoga characterized by arranging postures in an order, so you move from one to another seamlessly, using breath. Restorative Yoga— Learn to relax and soothe your nerves with passive poses to help you feel rejuvenated. Bring your own mat and towel to class.

## 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 / Chair Yoga

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.)  
Chair Yoga– Various poses, breathing techniques & stretching while seated in a chair.

## 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, and others)