

# NOVEMBER 2024

## 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	Spinning Alis (#2)		Spinergy Rhythm Ride Andrea (#2)		5:30am Spin & Sculpt Lourdes (#2)		
7:00AM			Vinyasa Yoga Paula (#3)		Vinyasa Yoga Paula (#3)		
8:30AM						CORE Karen(#3)	
9:00AM	ZUMBA Georgina (#3)	Pilates Powerhouse Andrea (#3)	ZUMBA Georgina (#3)	Yogalates Flow Andrea (#3)	ZUMBA Sandra (#3)	Spinning Karen (#2)	Core Pilates Andrea (#3)
	Spinning Cathy (#2)		9:30AM Spin&Sculpt Cathy (#2)			ZUMBA Virnalis (#3)	
10:00AM	Barre Fusion Miriam(#3)	Pump It Up! Maria(#3)		Spin Vibes Circuit Andrea (#2)	Pump It Up! Maria (#3)	Pump It Up! Alis (#3)	Spinergy Rhythm Ride Andrea(#2)
	Silver Sneakers Circuit (Gym)	Silver Sneakers Circuit (Gym)	Silver Sneakers Circuit (#3)	Silver Sneakers Circuit (Gym)			ZUMBA Sandra (#3)
				ZUMBA Manny(#3)			
11:00AM	Silver Sneakers Classic (Gym)	Silver Sneakers Classic (Gym)	Silver Sneakers Classic (#3)	Silver Sneakers Classic (Gym)	11am—Tai Chi Terry (#3)		
11:30AM		11am—ZUMBA Manny (#3)	11am—Tai Chi Terry (Gym)			YogaMukta Bonnie(#3) 90 mins.	Hatha Yoga Paula(#3)90 mins.
12:00PM	Vinyasa Yoga Bonnie(#3)		Chair Yoga Bonnie(#3)		Restorative Yoga Bonnie (#3)		
4:30PM	Pilates Andrea (#3)	Core Pilates Christina (#3)	Raise the Barre Andrea (#3)	Barre Basics Christina (#3)			
5:30 PM		ZUMBA Virnalis (#3)					
				6:00pm -Spin & Sculpt Alis (#2)			
6:00 PM	PUMP IT UP! Alis (#3)	Spinning Alis (#2)	PUMP IT UP! Maria (#3)	ZUMBA Mercedes (#3)			
6:30PM		Boot Camp Jeff (#3)					
7:00 PM	ZUMBA Catalina (#3)		ZUMBA Sandra (#3)	7:15pm Yin Yoga Bonnie (#3) 90mins.			
7:30 PM		YogaMukta Bonnie (#3) 75mins.					

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

### STUDIOS

Studio #2 = Spinning Studio (#2)  
Studio #3 = Large Studio (#3)

**HAPPY THANKSGIVING!!**

11/28 Club Hours 6am-12pm

11/29 Black Friday 8am-5pm

# Fitness Class Descriptions

## Barrelates / Raise the Barre

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

## Barre Basics / Barre Fusion / Raise the Barre

**Barre Basics** helps build strong, lean and elongated muscles, improves your core strength & posture and challenges your entire body. **Barre Fusion** incorporates exercises from different workout modalities like Barre, Yoga, and Free Mobility Flow. **Raise the Barre** A mix between ballet inspired moves, strength & balance.

## 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.

## Pilates / Core Pilates

**Pilates/Core Pilates**- This mat based Pilates class offers a body balancing system that strengthens, lengthens, realigns, and defines your body. **Pilates Fusion**- Adds a modern twist to classical Pilates Please bring your own mat & water bottle.

## Pilates Powerhouse

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 overall 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.

## 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.

## 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. (45 mins.) **Circuit**— This class safely increases intensity levels by alternating standing upper body strength training with standing low-impact aerobics. (45 mins) Tubing, hand weights & resistance balls used in both.

## Spinning / Spin & Sculpt / Spinergy Rhythm Ride

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 cardio with strength training. **Spinergy Rhythm Ride**—Have fun and spin to the beat of the music. Please remember to bring your water bottle & towel.

## Tai Chi

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

## Vinyasa Yoga / Yin Yoga

**Vinyasa Yoga**—A style of yoga characterized by arranging postures in an order, so you move from one to another seamlessly, using breath. **Yin Yoga**— A slow paced style of yoga with easy postures that stretch beyond the muscles, deep into the tendons, ligaments & fascia. Designed to restore.

## Yogalates Flow

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

**YogaMukta**—A class of liberation, work at your own level, free of attachment. A blend of Hatha & Vinyasa Yoga, with special attention to alignment. Please 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, mambo, and others)