

SEPTEMBER 2025

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		Vinyasa Yoga Gitte(#3)	Spinergy Rhythm Ride Andrea (#2)	Vinyasa Yoga Gitte(#3)	<u>5:30am</u> 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 Christina (#2)		<u>9:30am</u> Spin & Sculpt Alis (#2)			ZUMBA Vinalis(#3)	
10:00AM	Pilates Fusion Miriam(#3)	Pump It Up! Maria(#3)		Spin & Shred Andrea (#2)	Pump It Up! Maria (#3)	Pump It Up! Alis (#3)	Spinergy Rhythm Ride Andrea(#2)
	Silver Sneakers Circuit (Gymnasium)	Silver Sneakers Circuit (Gymnasium)	Silver Sneakers Circuit (Gymnasium)	Silver Sneakers Circuit (Gymnasium)			ZUMBA Sandra (#3)
				<u>10:15am</u> ZUMBA GOLD Miriam(#3) 45mins.			
11:00AM	Silver Sneakers Classic (Gymnasium)	Silver Sneakers Classic (Gymnasium)	Silver Sneakers Classic (Gymnasium)	Silver Sneakers Classic (Gymnasium)	Pilates Mobility Miriam(#3)		
11:30AM						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	Raise the Barre Andrea (#3)	Pure Strength Christina (#3)	Pilates Andrea (#3)	Barre Basics Christina (#3)		All classes are <u>50 minutes</u> in length unless otherwise noted. Classes and Instructors are subject to change. (Descriptions on reverse side)	
5:30 PM		Spinning Alis (#2)		Spin & Sculpt Alis (#2)			
		ZUMBA Vinalis(#3)					
6:00 PM	PUMP IT UP! Alis (#3)		PUMP IT UP! Maria (#3)	ZUMBA Mercedes (#3)		HAPPY LABOR DAY CLUB HOURS 5am—1pm	
6:30PM		Boot Camp Jeff (#3)					
7:00 PM	ZUMBA Catalina (#3)		ZUMBA Sandra (#3)	<u>7:15pm</u> Yin Yoga Bonnie (#3) 90mins.		STUDIOS Studio #2 = Spinning Studio (#2) Studio #3 = Large Studio (#3)	
7:30 PM		YogaMukta Bonnie (#3) 75mins.					

Fitness Class Descriptions

Barrelates / Raise the Barre

Barrelates—Create a lean toned physique with a combination of Barre and Pilates. Please bring your own mat and water bottle. **Raise the Barre-** A mix between ballet inspired moves, strength & balance.

Barre Basics

This Barre class helps build strong, lean and elongated muscles, improves your core strength & posture and challenges your entire body. Please bring your own mat.

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. *(25 mins.)*

Chair Yoga / Hatha Yoga

Chair Yoga— A gentle form of yoga that involves performing modified yoga poses while seated or using a chair for support. **Hatha Yoga** -Yoga that teaches physical postures, purification, and meditation. Based on Asanas and Pranayama which will leave you looser and relaxed. Please bring a yoga mat.

Pilates / Core Pilates / Pilates Fusion

Pilates/Core 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 , with the use of props. Please bring your own mat and water bottle.

Pilates Mobility

With precision & control this mind / body, Yoga-Pilates class will focus on core strength, flexibility, and overall body awareness. Bring your own mat.

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 over all strength. Please bring your own mat and water bottle.

Pump It Up! / Pure Strength

Full-body workout using moderate weights (barbell & dumbbells). Helps reduce body fat and build strong muscles. Please bring your own mat and towel.

Pure Strength—Strength workout for the entire body. (please bring a mat)

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.

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/Shred

Spinning—Get your heart pumping in this high-intensity exercise class on a stationary bicycle. Journeys include hill climbs, sprints, & intervals. **Spin & Sculpt/Shred** - A spinning class that combines cardio with strength training.

Spinergy Rhythm Ride

Have fun and spin to the beat of the music, with use of visual imagery. Please remember to bring your water bottle and towel.

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 or Restorative Yoga— A slow paced style of yoga with easy postures that stretch beyond the muscles, deep into the tendons, ligaments and & fascia. Designed to heal, restore, and relieve stress. Please bring a yoga mat.

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

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 and water bottle. *(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)