

CLUB HEALTH

Phone: 954 - 435 - 6070

Hours Of Operation: Monday - Sunday 9:00 AM to 9:00 PM

Take Trolley #4 from Clubhouse to Club Health

WINTER 2024

CLASS SCHEDULE & DESCRIPTIONS

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:30	Cross Training Gerri Morning Stretch & Strengthen Tammy	Latin Heat Tammy	Cross Training Gerri Morning Stretch & Strengthen Tammy	Cross Training Tammy	Cross Training Gerri Morning Stretch & Strengthen Tammy	In Da Club Group Exercise Dawn	
10:30	Mat Work Gerri	Cross Training Linda	Mat Work Gerri	Cross Training Linda	Mat Work Gerri	10:15 Mat/Weight Dawn	
11:30		Stretch & Strengthen Gerri Chair Exercise w/Tammy Rm.121 AQUACISE Linda Clubhouse		Stretch & Strengthen Gerri Chair Exercise w/Tammy Rm.121 AQUACISE Linda Clubhouse			
11:45	Arthritis Aquacise Indoor Pool Gerri Clubhouse		Arthritis Aquacise Indoor Pool Gerri Clubhouse		Arthritis Aquacise Indoor Pool Gerri Clubhouse		
1:45	Yoga/Pilates Sabrina			Yoga/Pilates Sabrina			
3:00	Nice-n-Easy Ger/Tam	Beats For Feets Line dancing	Nice-n-Easy Tammy	Beats For Feets Line Dancing	Nice-n-Easy Gerri		
5:30	Cardio, Bands, and Weights Sabrina	Line Dance/ dance Sabrina	Yoga- Stretch/Mat Sabrina	Yoga Stretch/ Chair (Standing optional) Sabrina			

Effective Date 04/11/22 (Schedule is Subject to change) Please call 954-435-6070 to schedule an Orientation.

CLUB HEALTH reserves the right to change and/or modify at any time.

Consult your physician before beginning any exercise program.

Please note we also offer virtual classes. See instructor for details.

Class Descriptions

Arthritis Aquacise (30 min.) - Join us in the indoor pool for this relaxing but effective exercise to help control the pain of arthritis. This class is approved by the Arthritis Foundation.

Aquacise (45 min.) - A fun workout in the shallow end of the pool.

Beats for Feets (45 min.) - This is our country & Latin line dancing workout... Join the fun!

Chair Exercise with Tammy (40 min.) - Extreme beginner class geared toward functional training with emphasis on range of motion.

Cardio, Bands, Weights - (45 min.) A combination of exercises including aerobics and strength training.

Cross Training (50 min) - Join us for this intense workout alternating between cardio, weights, bands, and abdominal exercises.

Line dance/dance (45 min.) A fun combination of dance moves to music for a fun cardio workout.

Mat work (30 min) - Floorwork with emphasis on Abdominals, Legs and Glutes. Please bring a large towel to cover the mat.

Morning Stretch & Strengthen (60 min) - A combination of standing stretch and strengthening exercises as well as on the mat. (Floor exercise portion of class is optional) Please bring a large towel to cover the mat.

Nice-n-Easy (45 min.) - This is chair class and will be geared to a beginner level with the emphasis on improving muscle function, balance, strength, coordination and cardiovascular conditioning.

Stretch & Strengthen (45 min) - A combination of stretch and Strengthening exercises in the chair using various exercise equipment. (ex. Exercise bands and weights.

Yoga/Yoga Chair - (45 min.) - Yoga and/or stretch exercises done on the floor or in the chair. Standing in some cases is optional.

Group Exercise "In Da Club" - (45 min.) Emphasis on cardiovascular fitness. Rhythmic movements to a variety of club/dance music. This class through the music promotes amazing energy flow. Great way to start your Saturday!