

CLUB HEALTH

Phone: 954 – 435 – 6070

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

Take Trolley #6 from Clubhouse to Club Health

SPRING 2022

CLASS SCHEDULE & DESCRIPTIONS

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:30	Cross Training Gerri <hr/> Morning Stretch & Strengthen Tammy	Latin Heat Tammy	Cross Training Gerri <hr/> Morning Stretch & Strengthen Tammy	Cross Training Tammy	Cross Training Gerri <hr/> Morning Stretch & Strengthen Tammy	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 <hr/> Chair Exercise w/Tammy Rm.121 <hr/> AQUACISE Linda Clubhouse		Stretch & Strengthen Gerri <hr/> Chair Exercise w/Tammy Rm.121 <hr/> AQUACISE Linda Clubhouse			
11:45	Arthritis Aquacise Indoor Pool Gerri Clubhouse		Arthritis Aquacise Indoor Pool Gerri Clubhouse		Arthritis Aquacise Indoor Pool Gerri Clubhouse		
1:00	Yoga Leslie		Chair Yoga Leslie				
2:00		Body Shaping with weights Tammy		Body Shaping with weights Tammy			
3:00	Nice-n-Easy Ger/Tam	Beats For Feet Line dancing	Nice-n-Easy Tammy	Beats For Feet 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.

