



CLUB HEALTH SPRING/SUMMER 2021 SCHEDULE

(954) 435-6070

Hours: Monday - Sunday from 7:00 am - 10:00 pm

Take Trolley #6 from Clubhouse

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:30 AM	Trekking Weight Room	Circuit Training Weight Room	Trekking Weight Room	Circuit Training Weight Room	Trekking Weight Room		
9:30 AM	Group Exercise (Gerri) Morning Stretch & Strengthen (Tammy, Studio 2)	Latin Heat (Tammy)	Group Exercise (Gerri) Morning stretch & Strengthen (Tammy, Studio 2)	Team Circuit (Tammy)	Group Exercise (Gerri) Morning Stretch & Strengthen (Tammy, Studio 2)	Group Exercise/Body Shaping (Dawn, Studio 1)	
9:45 AM		Arthritis Aquacise Clubhouse Indoor Pool (Gerri)		Arthritis Aquacise Clubhouse Indoor Pool (Gerri)			Pilates (Linda, Studio 2)
10:30 AM	Floor work on the Mat (Gerri)		Floor work on the Mat (Gerri)		Floor work on the Mat (Gerri)		Begginner Group Exercise (Linda)
11:00 AM	Arthritis Aquacise Clubhouse Indoor Pool (Gerri)		Arthritis Aquacise Clubhouse Indoor Pool (Gerri)		Arthritis Aquacise Clubhouse Indoor Pool (Gerri)		
11:15 AM	Aquaworks Resistance Training Clubhouse Outdoor Pool (Tammy)	Chair Exercise Clubhouse Room 121/122 (Tammy)	Water Aerobics Outdoor Pool (Tammy)	Chair Exercise Clubhouse Room 121/122 (Tammy)	Aqua-Relaxation Clubhouse Outdoor Pool (Tammy)		
11:30 AM	New Life Fitness (Gerri)	Strength & Strengthen (Gerri)	New Life Fitness (Gerri)	New Life Fitness (Gerri)	New Life Fitness (Gerri)		
12:00 PM	Yoga (Studio 1)		Chair Yoga (Studio 1)				
2:15 PM		Body Shaping w/Weights (Tammy)		Body Shaping w/Weights (Tammy)			
3:00 PM	Nice-N-Easy (Gerri/Tammy)	Beats for Feet (Gerri)	Nice-N-Easy (Gerri/Tammy)	Beats for Feet (Gerri)	Nice-N-Easy (Gerri/Tammy)		
6:00 PM	Zumba (Sabrina)	Cross Train Step, Cardio, Bands (Sabrina)	Zumba (Sabrina)	Group Exercise (Dawn)			
6:45 PM	Yoga (Sabrina)						