

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

SUMMER 2024

	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	Indoor Walking Class/Body Shaping Tammy	Cross Training Gerri <hr/> 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 <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		
1:45	Yoga/Pilates Sabrina						
2:00		Chair Class/ Tammy Exercise Rm Clubhouse		Chair Class/ Tammy Exercise Rm Clubhouse			
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, Ball, and Weights Sabrina	Dance & Bands Sabrina	Yoga-Stretch/Mat Sabrina	Yoga Stretch/ Chair (Standing optional) Sabrina			
6:15				Yoga/ Pilates/Mat Sabrina			

Effective Date 06/13/24 (Schedule is Subject to change) Please call 954-435-6070 to schedule an Orientation.

CLUB HEALTH reserves the right to change 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!