

# CLUB HEALTH

Phone: 954 – 435 – 6070

Hours Of Operation: M-F 9 a.m.- 8 p.m. Sat/Sun 9am.- 6pm.

Take Trolley #6 from Clubhouse to Club Health

## SUMMER 2021

### CLASS SCHEDULE & DESCRIPTIONS

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:30	Cross Training Tammy	Zumba Tammy	Cross Training Tammy	Cross Training Tammy	Cross Training Tammy	Group Exercise Dawn	
10:30	Cross Training Gerri	Cross Training Gerri	Cross Training Gerri	Cross Training Gerri	Cross Training Gerri	10:15 Mat/Weight Dawn	
11:30		Mat Class Gerri ----- Chair Exercise w/Tammy Clubhouse		Mat Class Gerri ----- Chair Exercise w/Tammy Clubhouse			
11:45	Arthritis Aquacise Indoor Pool Clubhouse		Arthritis Aquacise Indoor Pool Clubhouse		Arthritis Aquacise Indoor Pool Clubhouse		
1:00	Yoga Leslie		Chair Yoga Leslie				
3:00	Nice-n-Easy Ger/Tammy	Beats For Feet Line dancing	Nice-n-Easy Tammy	Beats For Feet Line Dancing	Nice-n-Easy Gerri		
5:30	Cross Training Cardio/Strength Sabrina	Zumba Gold Sabrina	Cross Training Cardio/Bands Sabrina	Senior Yoga Stretch Sabrina			

Effective Date 5/25/21 (Schedule is Subject to change) Please call 954-435-6070 to schedule an Orientation.  
**\*\*PLEASE NOTE THAT WE WILL BE ADDING TO THIS SCHEDULE GRADUALLY AS WE RETURN TO OUR NORMAL OPERATIONS.**

# 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.

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

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

Zumba (45 Min.) Join us for this high energy dance workout combining popular dances including Salsa, Samba and more. Come move your hips to the beat of the music. EVERYONE WELCOME!!

ZUMBA GOLD (45 Min.) Slower version of Zumba.

Stretch and Strengthen - (40 Min.) a combination of standing stretches followed by lying on the floor to complete a full body stretch routine.

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.

Chair Exercise with Tammy (40 Min)- Extreme beginner class geared toward functional training with emphasis on range of motion. No standing.

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