

# 2024 Fitness Schedule

## PASS OPTIONS

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>8:45am</b>			<b>Tai Chi</b> James R=\$10 NR=\$11 60 minutes		<b>Tai Chi</b> James R=\$10 NR=\$11 60 minutes	
<b>9:00am</b>	<b>Total Conditioning</b> Bouba R = \$8 NR = \$9 60 minutes	<b>Cardio HIIT</b> Beth R= \$8 NR= \$9 60 minutes	<b>Total Conditioning</b> Bouba R= \$8 NR= \$9 60 minutes	<b>Cardio HIIT</b> Beth R= \$8 NR= \$9 60 minutes	<b>Total Conditioning</b> Faye R = \$8 NR = \$9 60 minutes	<b>Yoga</b> Spencer R = \$10 NR= \$11 90 minutes
<b>10:00am</b>		<b>Virtual Tai Chi</b> <b>Microsoft Teams</b> James 45 minutes		<b>Virtual Tai Chi</b> <b>Microsoft Teams</b> James 45 minutes		
<b>10:30am</b>	<b>Chair Strength</b> Ana R=\$8 NR=\$9 60 minutes		<b>Chair Yoga</b> Ana R=\$8 NR=\$9 60 minutes		<b>Chair Strength</b> Faye R=\$8 NR=\$9 60 minutes	
<b>10:45am</b>		<b>Yoga</b> Ana R = \$10 NR = \$11 90 minutes		<b>Yoga</b> Ana R = \$10 NR = \$11 90 minutes		
<b>11:15am</b>	<b>Passes are valid for 1 year from time of purchase. Please bring utility bill or lease agreement for proof of Fort Lauderdale residency. Fitness classes/Instructors are subject to change without notice.</b>					<b>Chair Yoga</b> Spencer R=\$8 NR=\$9 60 minutes
				Revised: August , 2024		

**Wellness 1**  
10/20 classes

- Total Conditioning
- Chair Yoga
- Cardio HIIT
- Chair Strength

Resident- \$70/\$125  
NR-\$80/\$145

**Wellness 2**  
10/20 classes

- Yoga
- Tai Chi
- Virtual Tai Chi

Resident \$90/\$165  
NR-\$100/\$185

All fitness classes are included in the pass options below.

**6 Month Pass**  
Resident \$300  
Non-Resident \$350

**Annual Pass**  
Residents \$400  
Non-Residents \$450

- ◆ **Total Conditioning** is a fun exercise combining cardiovascular conditioning with strength training using weights and music. (*Yoga mat required*)
- ◆ **Chair Yoga** includes gently stretching, strengthening and relaxing the body. It provides the benefits of a regular Hatha Yoga class from the comfort of a chair. This class is perfect for those with mobility limitations or time constraints.
- ◆ **Chair Strength** uses safe & effective easy to follow movements that are designed to improve cardiovascular and muscular movement. Hand-held weights and elastic tubing are used to improve muscular strength and increase range of movement & flexibility, all with the support of a chair.
- ◆
- ◆ **Tai Chi** an ancient Chinese tradition that, today, is practiced as a graceful form of exercise. It involves a series of movements performed in a slow, focused manner and accompanied by deep breathing.
- ◆ **Yoga** systematically works through the entire body to strengthen & increase flexibility, while bringing harmony & balance to mind, body and spirit. This class consists of seated, lying down & standing postures and includes techniques in "control of breath," meditation and visualizations. (*Yoga mat required.*)
- ◆ **Cardio HIIT** is a fast pace cardiovascular conditioning class using weights and music

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