On Going Exercise Classes

City of Pembroke Pines

Southwest Focal Point Community Center

APR/MAY/JUN 2015

20/20/20 Fitness **Starts in June 2015**
This all-in-one group fitness class gives you 3 workouts in one! 20 minutes of dance, 20 minutes of weights and 20 minutes of yoga will give you a total body workout in just one hour! Unlike some high-intensity circuit training workouts that can leave you feeling exhausted, this contemporary cutting-edge class will leave you feeling refreshed, invigorated and revitalized. You'll be having fun, as well as helping your body! This workout is designed for a wide range of participants and is suitable for those who are new or returning to exercise, or for the active older adult. Ages 18 yrs and up.
Thursdays 6:30pm - 7:30pm
$30.00 per class per month

Zumba for Teens and Adults **Starts in June 2015**
These classes are open to persons 14 years and older! Ditch the workout, join the party! Zumba is here! In this popular dance fitness program that utilizes Latin and international music, students get a cardio workout that also helps tone the body.
Tuesdays 6:30pm – 7:30pm
$30.00 per class per month

Tai Chi **Starts in June 2015**
Students will learn the basic concepts of tai chi, including posture, relaxed deep breathing, flowing movement and a basic understanding of mind-body connection.
For all levels of students: Beginner/Intermediate/Advanced.
Wednesdays 7:00pm - 8:00pm
$30.00 per class per month

Ageless Grace
Exercise your body and your brain! This fun and exciting class is based on the cutting edge science of Neuroplasticity. While seated in a chair, students have fun doing exercises which stimulate all 5 functions of the brain, and which address all the functions of healthy aging - flexibility, mobility , agility, strength, breath, balance etc. These exercise also stimulate new neural pathways maintain existing ones and restore new ones!
Tuesdays 1:30pm - 2:30pm
$10.00 per class per month (55 yrs & older)
$30.00 per class per month (54 yrs & under)

NEW! 20/20/20 Fitness
This all-in-one group fitness class gives you 3 workouts in one! 20 minutes of dance, 20 minutes of weights and 20 minutes of yoga will give you a total body workout in just one hour! Unlike some high-intensity circuit training workouts that can leave you feeling exhausted, this contemporary cutting-edge class will leave you feeling refreshed, invigorated and revitalized. You'll be having fun, as well as helping your body! This workout is designed for a wide range of participants and is suitable for those who are new or returning to exercise, or for the active older adult. *Students must bring in their own hand weights and mats.*
Wednesdays 11:30am - 12:30pm
$15.00 per class per month (55 yrs & older)
$35.00 per class per month (54 yrs & under) June 2015 this rate will change to $30.00

Chair Exercise
Mondays 10:30am-11:20am or 12:30pm-1:20pm
Wednesdays 9:30am-10:20am or 12:30pm-1:20pm
Fridays 9:30am-10:20am
FREE for registered members

Line Dance
Mondays 11:00am-12:00pm
$10.00 a month (55 yrs & Older)
$30.00 a month (54 yrs & under)

Water Aerobics
Tuesdays or Thursdays from 9:00 am-10:00 am
FREE for registered members
Space is limited - first come, first served

Chair Jazzercise
Tuesdays or Thursdays 9:30 am-10:20 am
$10.00 per class per month (55 yrs & older)
$30.00 per class per month (54 yrs & under)

Jazzercise
Tuesdays 10:30am-11:20am or 11:30am-12:20pm
Thursdays 10:30am-11:20am or 11:30am-12:20pm
$10.00 per class per month (55 yrs & older)
$30.00 per class per month (54 yrs & under)

Yoga
Tuesdays 9:00am-10:00am
Thursdays 9:00am-10:00am
FREE for registered members
Sponsored by Baptist Health South Florida

Yoga
Mondays 11:30am-12:30pm
Wednesdays 11:30 - 12:30pm
Fridays 10:30am-11:30am
$10.00 per class per month (55 yrs & older)
$30.00 per class per month (54 yrs & under)

Pilate's
Mondays or Wednesdays 9:30 am – 10:30 am. Students must contact Kerrie at (954) 682-5768 for pricing information and to register for the class.

Personal Touch Fitness
This new fitness class includes supervised use of Gym equipment;
FREE Fitness Assessment required – call Kerrie at (954) 682-5768.
Fridays 8:30am-9:20am or 9:30 am-10:20 am.
$15.00 per class per month (55 yrs & older)
$35.00 per class per month (54 yrs & under)

Tai Chi

Mondays: 9:15am-10:15am (Beginner/Intermediate/Advanced)
Thursdays: 11:45am-12:45pm (Beginner/Intermediate)
Thursdays: 1:00pm-2:00pm (Beginners)
Fridays: 12:00pm-1:00pm (Beginner/Intermediate)
$10.00 per class per month (55 yrs & older)
$30.00 per class per month (54 yrs & under)

Chair Yoga
Wednesdays 10:30am-11:30am
FREE for registered members
Sponsored by Baptist Health South Florida

Chair Yoga
Tuesdays 2:00pm-3:00pm
Fridays 9:00am - 10:00am
$10.00 per class per month (55 yrs & older)
$30.00 per class per month (54 yrs & under)

Zumba!
Tuesdays 12:00pm-1:00pm
FREE for registered members
Sponsored by Baptist Health South Florida

Zumba!
Fridays 12:00pm-1:00pm
$10.00 per class per month (55 yrs & older)
$30.00 per class per month (54 yrs & under)

Revised 4/9/15