

August 2010

HUMAN SERVICES DIVISION

Mondays

9:15 – 10:15 Tai Chi	Gym 1
9:30 - 2:00 – VIP Class	C/213
9:30 - 10:30 Pilates - <u>New Free Class</u>	Gym 2
10:30 – 11:20 Chair Exercise	Gym 1
11:00 - 12:00 Line Dance	Gym 2
12:30—1:20 Chair Exercise	Gym 1



**ALL NEW CLASSES ARE FREE!
SPACE IS LIMITED, SO SIGN UP
EARLY WITH IRENE!**

Wednesdays

9:30-2:00 VIP Class	C/213
9:30-10:20 Chair Exercise	Gym 1
9:30-10:30 Pilates - <u>New Free Class</u>	Gym 2
10:30-11:30 Chair Yoga	Gym 1
12:30-1:20 Chair Exercise	Gym 1
12:00-1:00 Zumba Fitness	Gym 2

Tuesdays

9:00-10:00 Water Aerobics	Pool
9:00-10:00 Yoga - <u>New Free Class</u>	Gym 1
9:30– 10:20 Circuit Training	Gym 2
10:30-11:20 Jazzercise	Gym 2
11:30-12:20 Jazzercise	Gym 2
12:00-1:00 Zumba - <u>New Free Class</u>	Gym 1
2:00-3:00 Chair Yoga - <u>New Free Class</u>	Gym 1

August Guest Speakers

August 3rd –10:00am Mary Goodman,
Memorial Healthcare System,
“Heart Attack Prevention.”

August 10th – 10:00am Sonia Reid,
Health South, “Strokes.”

August 17th –10:00am Harlee Samuels,
Lenox on the Lakes,
“Senior Housing Options.”

August 24th – 10:00am Deborah Loi,
Pharmacist Drug Doctor Agency
“ Medication Therapy Management.”

August 31st –10:00am Dr. Olga Martinez,
“Diabetes’ Bilingual.”

Thursdays

9:00-10:00 Water Aerobics	Pool
9:30-10:20 Circuit Training	Gym 2
10:30-11:20 Jazzercise	Gym 2
11:30-12:20 Jazzercise	Gym 2
11:45-12:45 Tai Chi	Gym 1

Fridays

9:30-10:20 Chair Exercise	Gym 1
9:30– 10:20 Jazzercise	Gym 2
10:30-11:30 Pilates <u>New Free Class</u>	Gym 2
10:30-11:30 Yoga	Gym 1
12:00-1:00 Tai Chi	Gym 1
12:00-1:00 Zumba – <u>New Free Class</u>	Gym 2



**HAPPY BIRTHDAY TO EVERYONE WITH A BIRTHDAY IN AUGUST!
FREE COFFEE ON AUGUST 31, 2010
COFFEE SPONSORED BY GIFT SHOP**



This project is supported under an agreement with the Florida Department of Elder Affairs and the Aging and Disability Resource Center of Broward County, through funds provided by the Older Americans Act of 1965 as amended. Matching funds are provided locally via The City of Pembroke Pines. MEMBERSHIP FREE