

**On Going Exercise Classes**  
**City of Pembroke Pines Community Services Department**  
**The Carl Shechter Southwest Focal Point Community Center Campus**  
**April/May/June 2019**

**NEW! Line Dancing in the Main Hall**

This isn't your average country line dance class! This new afternoon class offers a variety of music including country western, pop, swing, rock and roll, disco, R & B, Latin and jazz! So, put on your dancing shoes and join the fun! **Starts in April 2019: 1<sup>st</sup> Monday of the Month from 3:00pm-4:00pm.** FREE for registered SWFP members only.

**Boomer Dance Fitness**

Tired of all the loud ear popping music and high intensity, routines found in most workout gyms? Then join us for a fun new approach to fitness! This class is a mix of cardio dance with groovy music, cardio-strength, balance work and gentle stretching...designed specifically for baby boomers of all ages! Wednesdays, 1:00pm – 2:00pm. FREE for SWFP members only.

**Intro to Krav Maga Self Defense**

Krav Maga is a self-defense system developed for the Israel Defense Forces (IDF) and Israeli security forces. It consists of a combination of fighting techniques with a focus on real world situations. Students learn to defend themselves against a variety of attacks in the quickest and most efficient way possible. Classes offered on **Tuesdays, between 7:30pm-8:30pm.** For more information and to register please call William Padron at (305) 776-8260.

**Silver Sneakers® “Classic” is at the SWFP!**

Get fit and stay fit in a fun environment!

**Fridays:** 10:30am-11:30am in the Main Hall - *Sponsored by Chen Medical*

**Laughter Yoga**

Offered the 2<sup>nd</sup> Tuesday of every month 10:30am – 11:30am. FREE for SWFP members only.

*Sponsored by Chen Medical*

**Flamenco Dancing**

Luna Calé is a professional dance company created to promote flamenco music, dance and Hispanic culture. Our goal is to support growth of both student and professional flamenco artists by sponsoring performances, flamenco music and dance education opportunities. Day and evening classes are offered. \$10 per 1 hour class.

To register call Luna Calé Flamenco at (954)235-8221 or visit [www.lunacaleusa.com](http://www.lunacaleusa.com)

DAYTIME *Adults & Seniors:* Tuesdays (Beginners): 10:30am-11:30am or (Beginners): 11:30am-12:30pm

EVENING *Adults & Children:* Tuesdays, Wednesdays and Thursdays

5:00pm – 6:00pm (Beginners) or 6:00pm – 7:00pm (Intermediate)

**Low Impact Exercise in the Main Hall**

Thursdays: 10:30am – 11:30am. **FREE** for SWFP members only.

*Sponsored by Caremax*

**Fit and Strong**

*Students must have taken Senior Total Fitness and have written approval from the instructor to register for this class.*

Combines the gym and outdoor/indoor aerobic activity. This class is for advancing in strength and endurance and to challenge individuals to a better fitness level. Improve your heart health, strengthen muscles, bones, and joints.

Wednesdays, 11:30am – 12:30pm. **FREE** for SWFP members only (\$5 cash deposit required to hold your space for the month – must attend all classes to be refunded.) *Sponsored by Aetna*

### **Senior Total Fitness**

This energetic class has all the elements of fitness that everyone needs to enjoy an active and healthy lifestyle! It combines resistance training, flexibility, cardiovascular and neural-motor training for all levels. Participants will experience improvement in strength, endurance, flexibility, and coordination which are key components for optimal fitness health. Each workout is dynamic and ever changing to meet the individual needs of the participants - students of all fitness levels are welcome! Thursdays 11:00am – 12:00pm. **FREE** for SWFP members only.

*Sponsored by Aetna*

### **Chair Total Fitness**

This class encompasses all the elements provided in the **Senior Total Fitness** class but while sitting on a chair. Wednesdays 12:30pm - 1:30pm. **FREE** for SWFP members only.

### **Yo-chi-lates**

A combination of Yoga, Tai Chi and Pilates – all in one class!

Wednesdays 9:00am-10:00am in Gym 2

**FREE** for SWFP members only. *Sponsored by Healthy Partners*

### **Gym Training**

Once a week, our knowledgeable personal trainer will be in the workout room to assist members with proper use of gym equipment. She will also create an easy workout designed to help individuals exercise independently to reach their unique health and fitness goals! Fridays 11:15am-12:15pm in the Workout Room - **FREE** for SWFP members only.

### **JoyDanz**

Dance is all about being joyful, moving your body in organic ways to the rhythm and the beat.

Come and Shake your Soul to African, Indian, Caribbean, Irish, Latin rhythms and more!!!!

Mondays 10:00am in the Main Hall – **FREE** for SWFP members only. *Sponsored by Baptist Health South Florida*

### **Ageless Grace®- BRAIN AND BODY WORKOUT!**

Exercise your body and your brain! 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. Tuesdays 10:00am-11:00am – **FREE** for SWFP members only. *Sponsored by Caremax*

### **Salsa in the Main Hall**

2 ongoing classes are offered each week. Wednesdays 10:00am-11:00am **-OR-** 2:00pm -3:00pm. **FREE** for SWFP members only. *Sponsored by Aetna*

### **“Scale Back” Weight Loss Workout**

A combination of dance fusion, nutritional guidance and weekly weigh-ins will help students achieve their weight loss goals and develop a healthier lifestyle! Ages 18 yrs. and up. Mondays 12:30pm - 1:30pm.

**FREE** for registered SWFP members. *Sponsored by Florida Blue*

### **20/20/20 Fitness**

This all-in-one group fitness class gives you 3 workouts in one! 20 minutes of cardio exercise, 20 minutes of weights and 20 minutes of yoga will give you a total body workout in just one hour! Ages 18 years and up.

*Students must bring in their own hand weights and mats.*

#### **DAYTIME**

**Wednesdays 11:30am - 12:30pm**

#### **EVENING**

**Thursdays 6:30pm - 7:30pm**

\$10.00 per month (55 yrs. & older)

\$30.00 per month (54 yrs. & under)

### **Chair Exercise**

**Mondays: 12:30pm - 1:30pm**

**Wednesdays: 9:30am - 10:30am**

**Fridays: 9:30am - 10:30am**

**FREE** for registered SWFP members

### **Water Aerobics**

**Tuesdays -OR- Thursdays: 9:00am - 10:00am**

**FREE** for registered SWFP members. *Space is limited - first come, first served*

### **Yoga**

4 ongoing monthly classes are offered each week.

Each day and time for the month is a separate fee.

**Mondays 11:30am - 12:30pm**

**Tuesdays: 9:00am - 10:00am**

**Thursdays: 9:00am - 10:00am**

**Fridays: 10:30am - 11:30am**

\$10.00 per month (55 yrs. & older)

\$30.00 per month (54 yrs. & under)

### **Chair Yoga**

2 ongoing monthly classes are offered each week.

Each day and time for the month is a separate fee.

**Mondays: 10:30am - 11:30am**

**Wednesdays: 10:30am - 11:30am**

\$10.00 per month (55 yrs. & older)

\$30.00 per month (54 yrs. & under)

### **Tai Chi**

4 ongoing monthly classes are offered each week.

Each day and time for the month is a separate fee.

#### **DAYTIME**

**Mondays: 9:15am - 10:15am (All Levels)**

**Thursdays: 11:45am - 12:45pm (Intermediate)**

#### **EVENING (All levels)**

**Wednesdays: 7:00pm - 8:00pm**

\$10.00 per month (55 yrs. & older)

\$30.00 per month (54 yrs. & under)

**Thursdays: 1:00pm - 2:00pm (Beginner)**

**FREE** for registered SWFP members. *Sponsored by CarePlus*

### **Zumba!**

**Tuesdays: 12:00 - 1:00pm**

**FREE** for registered SWFP members. *Sponsored by Caremax*

### **Evening Zumba!**

**Wednesdays: 5:30pm - 6:30pm**

\$10.00 per month (55 yrs. & older)

\$30.00 per month (54 yrs. & under)

### **Zumba in the Main Hall!**

**Fridays: 12:00pm - 1:00pm**

**FREE** for registered SWFP members

*Sponsored by Baptist Health South Florida*

**Revised 3/5/19**