

On Going Exercise Classes
City of Pembroke Pines Community Services Department
The Carl Shechter Southwest Focal Point Community Center Campus
JAN/FEB/MAR 2020

NEW! Mindful Meditation

This class focuses on the different forms of the ancient art of Meditation. The history and the primary benefits of stress reduction and improved health will be highlighted. Students will learn the simple ways to incorporate this powerful tool into their daily lives (can be done seated or lying down). 2nd and 4th Friday of the month, 1:00pm – 2:00pm. **Begins 1/10/20. FREE** for registered SWFP members only. *Sponsored by Tree of Life Insurance Associates*

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! **1st and 3rd 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.

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 **3rd Tuesday** of every month 9:00am-10:00am. **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. \$10 per 1 hour class. To register call Luna Calé Flamenco at (954)235-8221 or visit www.lunacaleusa.com **EVENINGS 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.

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

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

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*

Senior 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.

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

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

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:** 11:30am-12:30pm 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. **FREE** for SWFP members only.

Wednesdays: 10:00am-11:00am *Sponsored by Aetna*

Wednesdays: 2:00pm -3:00pm *Sponsored by Caremax*

“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 Health Sun*

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

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 12/19/19