

# 2019 Fitness Schedule

## PASS OPTIONS

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>8:30 a.m.</b>		<b>Strength &amp; Flexibility</b> R = \$7 NR = \$8 60 minutes		<b>Strength &amp; Flexibility</b> R = \$7 NR = \$8 60 minutes		
<b>9:00 a.m.</b>	<b>Body Sculpting</b> R = \$7 NR = \$8 60 minutes		<b>Tai Chi-8:45am</b> R = \$7 NR = \$8 60 minutes		<b>Tai Chi-8:45am</b> R = \$7 NR = \$8 60 minutes	
			<b>Body Sculpting</b> R = \$7 NR = \$8 60 minutes		<b>Body Sculpting</b> R = \$7 NR = \$8 60 minutes	
<b>10:00 a.m.</b>		<b>Pilates</b> R = \$9 NR = \$10 90 minutes		<b>Pilates</b> R = \$9 NR = \$10 90 minutes		
<b>10:30 a.m.</b>	<b>Yoga</b> R = \$9 NR = \$10 90 minutes		<b>Yoga</b> R = \$9 NR = \$10 90 minutes		<b>Yoga</b> R = \$9 NR = \$10 90 minutes	<b>Yoga</b> R = \$9 NR = \$10 90 minutes
<b>12:15 p.m.</b>	<b>Chair Yoga</b> R = \$7 NR = \$8 60 minutes	<b>Senior Strengthening</b> R = \$7 NR = \$8 60 minutes	<b>Chair Yoga</b> R = \$7 NR = \$8 60 minutes		<b>Senior Strengthening</b> R = \$7 NR = \$8 60 minutes	
<b>6:00 p.m.</b>		<b>Yin Yoga</b> R = \$9 NR = \$10 90 minutes		<b><u>All passes are valid for 1 year from time of purchase</u></b>  Fitness classes/Instructors are subject to change without notice		
<b>6:30 p.m.</b>			<b>Yoga</b> R = \$9 NR = \$10 90 minutes			

**Wellness 1**  
10/20 classes

- Body Sculpting
- Chair Yoga
- Strength & Flexibility
- Senior Strengthening
- Tai Chi

Resident- \$60/\$115  
NR-\$70/\$135

**Wellness 2**  
10/20 classes

- Pilates
- Yoga
- Yin Yoga

Resident \$80/\$155  
NR-\$90/\$175

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

- ◆ **Body Sculpting** is a fun exercise combining cardiovascular conditioning with strength training using weights and music.
- ◆ **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.
- ◆ **Pilates** is a complete physical fitness discipline centered on total body conditioning. Pilates allows one to build a lean, strong, balanced body; strengthen abdominals; lengthen the spine; enhance mental focus; develop flexibility; improve posture; and create better balance. (*Towel and mat are required.*)
- ◆ **Senior Strengthening** 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.
- ◆ **Strength & Flexibility** improves your flexibility, balance and coordination while you strengthen your abdominals, back, hips and thighs.
- ◆ **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.
- ◆ **Yin Yoga** is the balancing practice for the other styles of yoga. In this style of yoga the focus is more on the deep layers of connective tissues. Most poses focus on the hips, pelvis, and lower spine. This is a very restorative way to stretch without involving so much of the muscle, so we relax instead of contracting or extending deeply and just allow the stretch to happen by holding the yin pose. Everybody can benefit immensely from this practice, no matter what level of practice, age or physical condition. The evening is the ideal time of the day for this practice as after class you leave with a sense of calmness and relaxation that allows you to have a deep, soothing, peaceful night sleep.
- ◆ **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. (*Towel and mat are required.*)
- ◆ **Zumba** move to the groove with the flair of International dance rhythms. Latin, Hip-Hop and Rock 'n' Roll are bundled into a fun, all-over toning dance fitness workout emphasizing the basics for beginners.

If you would like this publication in an alternative format or if you need reasonable accommodation to participate in these programs please contact (954) 828-7275 or [parksinfo@fortlauderdale.gov](mailto:parksinfo@fortlauderdale.gov) at least seven business days prior to the program.