



FORT LAUDERDALE

VIRTUAL CLASSES

SUNDAYS / 1-2 PM

AUGUST 9 / GET FIT WITH MR. WOODS

Former college basketball standout and fitness trainer David Woods, takes participants through a moderate intensity, timed, strength-building, and endurance-training exercises. Equipment Needed: Towel (yoga mat and 5-lb hand weights optional)

AUGUST 16 / STEPS & SQUATS WITH ASHLEY OF FIT ANGEL WELLNESS

High-energy, music-infused workouts to build lower body, abs, and glutes. No special equipment needed.

AUGUST 23 / TOTAL BODY WITH COLE OF SWEAT-4-IT FITNESS

Aerobic exercise that makes you breathe hard and builds your fitness by using flexibility, light weights, and moderate intensity. Equipment Needed: 5-lb and 10-lb hand weights optional

AUGUST 30 / NIA TECHNIQUE WITH AILEEN

Fusion! Fitness! Fun! A non-impact dance, martial arts, and yoga exercise. Equipment Needed: Yoga mat

SEPTEMBER 6 / CARDIO BOXING WITH ATINU

Aerobic and cardio mixed with shadow boxing and moderate strength building using repetitive movements throughout the session.

SEPTEMBER 13 / GOGO CARDIO DRUM FITNESS

Aerobic and cardio, infused with live music to make the workout fun and unique. The live band plays while you follow along using your hands to motion drum movements. Equipment Needed: Exercise ball (between 32-55 inches) and drumsticks (or two 18-inch tubes of cardboard or PVC pipe)

SEPTEMBER 20 / ZUMBA WITH KATHY OF JK FITNESS

A total workout combining all the elements of fitness – cardio, muscle conditioning, balance, flexibility, boosted energy, and a serious dose of awesome fun. No special equipment needed.

SEPTEMBER 27 / YOGA WITH YVONNE

In this class, postures are practiced to align, strengthen and promote flexibility in the body. Breathing techniques and meditation. Equipment Needed: Yoga mat

OCTOBER 4 / LINE DANCE WITH TOMMY & KATHY

Our instructors will teach you the latest line dancing steps as well as some all-time favorites. The classes are designed for every skill level. No special equipment needed.

REGISTER NOW

www.fortlauderdale.gov/recreation