

DECEMBER 2024

Fitness Class Schedule



MIAMI LAKES

ATHLETIC CLUB

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Club Hours	5:00A — 10:00P	5:00A — 10:00P	5:00A — 10:00P	5:00A — 10:00P	5:00A — 9:00P	7:00A — 5:00P	8:00A — 3:00P
6:00AM	Spinning Alis (#2)		Spinergy Rhythm Ride Andrea (#2)		<u>5:30am</u> Spin &Sculpt Lourdes (#2)		
7:00AM			Vinyasa Yoga Paula (#3)		Vinyasa Yoga Paula (#3)		
8:30AM						CORE Karen(#3)	
9:00AM	ZUMBA Georgina (#3)	Pilates Powerhouse Andrea (#3)	ZUMBA Georgina (#3)	Yogalates Flow Andrea (#3)	ZUMBA Sandra (#3)	Spinning Karen (#2)	Core Pilates Andrea (#3)
	Spinning Alis (#2)		<u>9:30AM</u> Spin&Sculpt Christina #2)			ZUMBA Virnalis/Catalina(#3)	
10:00AM	Barre Fusion Miriam(#3)	Pump It Up! Maria(#3)		Spin Vibes Circuit Andrea (#2)	Pump It Up! Maria (#3)	Pump It Up! Alis (#3)	Spinergy Rhythm Ride Andrea(#2)
	Silver Sneakers Circuit (Gym)	Silver Sneakers Circuit (Gym)	Silver Sneakers Circuit (#3)	Silver Sneakers Circuit (Gym)			ZUMBA Sandra (#3)
				ZUMBA Manny(#3)			
11:00AM	Silver Sneakers Classic (Gym)	Silver Sneakers Classic (Gym)	Silver Sneakers Classic (#3)	Silver Sneakers Classic (Gym)	11am—Tai Chi Terry (#3)		
11:30AM		<u>11am</u> —ZUMBA Manny (#3)	<u>11am</u> —Tai Chi Terry (Gym)			YogaMukta Bonnie(#3) 90 mins.	Hatha Yoga Paula(#3)90 mins.
12:00PM	Vinyasa Yoga Bonnie(#3)		Chair Yoga Bonnie(#3)		Restorative Yoga Bonnie (#3)		
4:30PM	Pilates Andrea (#3)	Core Pilates Christina (#3)	Raise the Barre Andrea (#3)	Barre Basics Christina (#3)			
5:30 PM		ZUMBA Virnalis (#3)					
				<u>6:00pm</u> -Spin & Sculpt Alis (#2)			
6:00 PM	PUMP IT UP! Alis (#3)	Spinning Alis (#2)	PUMP IT UP! Maria (#3)	ZUMBA Mercedes (#3)			
6:30PM		Boot Camp Jeff (#3)					
7:00 PM	ZUMBA Catalina (#3)		ZUMBA Sandra (#3)	<u>7:15pm</u> Yin Yoga Bonnie (#3) 90mins.			
7:30 PM		YogaMukta Bonnie (#3) 75mins.					

All classes are **50 minutes** in length unless otherwise noted. Classes and Instructors are subject to change. (Descriptions on reverse side)

STUDIOS

Studio #2 = Spinning Studio (#2)
Studio #3 = Large Studio (#3)

MERRY CHRISTMAS!!

12/24 Club Hours 5am-5pm

SPECIAL CLASS SCHEDULE 12/24 & 12/26

12/25 Christmas Day—CLOSED

Fitness Class Descriptions

Barrelates / Raise the Barre

Create a lean toned physique with a combination of Barre and Pilates. Please bring your own mat and water bottle.

Barre Basics / Barre Fusion / Raise the Barre

Barre Basics helps build strong, lean and elongated muscles, improves your core strength & posture and challenges your entire body. **Barre Fusion** incorporates exercises from different workout modalities like Barre, Yoga, and Free Mobility Flow. **Raise the Barre** A mix between ballet inspired moves, strength & balance.

Boot Camp

Get Ready to sweat in this full body workout with strength & power training using the STEP and dumbbells. Bring your own towel & water bottle.

Core

A killer core workout that focuses on all the interconnected muscles of the torso to help increase your power to carry out movement. Please bring your own mat. (25 mins.)

Hatha Yoga

Yoga that teaches physical postures, purification, and meditation. Based on Asanas and Pranayama which will leave you looser and relaxed. Please bring your own mat.

Pilates / Core Pilates

Pilates/Core Pilates- This mat based Pilates class offers a body balancing system that strengthens, lengthens, realigns, and defines your body.

Pilates Fusion- Adds a modern twist to classical Pilates Please bring your own mat & water bottle.

Pilates Powerhouse

Power Pilates is a mat based class that works to the deepest levels of core muscles which helps you stabilize & support your spine, improves posture, balance and overall strength. Please bring your own mat and water bottle.

Pump It Up!

Full-body workout using moderate weights (barbell & dumbbells). Helps reduce body fat and build strong muscles. Please bring your own mat and towel.

Restorative Yoga

Learn to relax and soothe your nerves with passive poses to help you feel rejuvenated. Bring your own mat and towel to class.

Rhythm/Power/Flow SPIN

The rides are designated to give you a full body and mind experience that encourages you to become your best self, while working on your rhythm.

Silver Sneakers Classic /Circuit

Classic—A seated class focusing on strengthening muscles, improving balance, agility, coordination and increasing range of movement for daily life activities. (45 mins.) **Circuit**— This class safely increases intensity levels by alternating standing upper body strength training with standing low-impact aerobics. (45 mins) Tubing, hand weights & resistance balls used in both.

Spinning / Spin & Sculpt / Spinergy Rhythm Ride

Get your heart pumping in this high-intensity exercise class on a stationary bicycle. Journeys include hill climbs, sprints, & intervals. **Spin & Sculpt**— A spinning class that combines cardio with strength training. **Spinergy Rhythm Ride**—Have fun and spin to the beat of the music. Please remember to bring your water bottle & towel.

Tai Chi

Ancient Chinese exercise that focuses on breathing and energy channels known as meridians. Promotes internal healing and balance.

Vinyasa Yoga / Yin Yoga

Vinyasa Yoga—A style of yoga characterized by arranging postures in an order, so you move from one to another seamlessly, using breath.

Yin Yoga— A slow paced style of yoga with easy postures that stretch beyond the muscles, deep into the tendons, ligaments & fascia. Designed to restore.

Yogalates Flow

This combination Yoga/Pilates class takes the flexibility & meditative elements of yoga and fuses them with the muscle strengthening & toning of Pilates. Please bring your own mat.

Yoga Mukta

YogaMukta—A class of liberation, work at your own level, free of attachment. A blend of Hatha & Vinyasa Yoga, with special attention to alignment. Please bring your own mat. (90 mins.)

Zumba

A Latin dance class with lots of flare. Choreographed routines designed to get your heart pumping and hips moving. (salsa, merengue, hip-hop, mambo, and others)