

NOVEMBER 2019

Fitness Class Schedule



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00AM	Spinning Joy(#2)	5:30am Spin & Sculpt Lourdes(#2)		Spinning Gitte(#2)	5:30am Spin & Sculpt Lourdes (#2)		
7:00AM	Vinyasa Yoga Alex (#3)	Vinyasa Yoga Paula (#3)	Yin Yoga Alex (#3)	Vinyasa Yoga Paula (#3)	Vinyasa Yoga Michelle (#3)		
8:30AM	8:45am ZUMBA Georgina (#3)		ZUMBA Georgina (#3)				
9:00AM		500 Calorie Burn Karen (#3)		500 Calorie Burn Karen (#3)	ZUMBA Georgina (#3)	ZUMBA Vinalis (#3)	Power Pilates Nicole (#3)
9:30AM	Spin &Sculpt Cathy (#2)		Spinning Yi (#2)		Spinning Karen (#2)	Tai Chi Manny (Hotel courtyard)	
	9:45am Fitness FIT Karen(#3)		Fitness FIT Karen (#3)	10am—Spin &Sculpt Karen (#2)		9am—Race Day Spin Karen (#2)	
10:00AM		Pilates Body Nicole (#3)		Pilates Body Nicole (#3)	Silver Sneakers Circuit Annette (#3)	500 Calorie Burn Karen (#3)	ZUMBA (60 mins.) Sandra (#3)
	10:30a-S.S. Circuit Gitte (gym)	Silver Sneakers Classic Miriam (gym)	10:30am S.S. Circuit Karen (gym)		10:30a -Tai Chi Manny (gym)		
10:30AM	10:45am S.S. Classic Karen (#3)		Silver Sneakers Classic Annette (#3)	11am Silver Sneakers Classic - Karen (#3)	11am Silver Sneakers Classic - Annette (#3)		
11:30AM	Chair Yoga (30mins.) Gitte(gym)	11am—ZUMBA GOLD Miriam (#3)	Tai Chi Manny (gymnasium)			11:15am YogaMukta Bonnie (#3) 90 mins.	11:15am Hatha Yoga Paula (#3) 90 mins.
12:00PM	Restorative Yoga Clary (#3)		Bilingual Basic Yoga Bonnie (#3)		Restorative Yoga Clary (#3)		
4:30PM	Pilates Body Nicole (#3)		Pilates Body Nicole(#3)			<p>All classes are 50 minutes in length unless otherwise noted. Classes and Instructors are subject to change. (Class descriptions on reverse side)</p> <p>STUDIOS Studio #2 = Spinning Studio (#2) Studio #3 = Large Studio (#3) ** = paid class (Studios are located on the 2nd floor)</p>	
5:00PM		Spin & Sculpt Vivian(#2)		Spinning Vivian (#2)			
5:30 PM	STRONG Catalina (#3)	ZUMBA Vinalis (#3)	PUMP IT UP Ada (#3)	Weight Training 101 Manny (#3)			
			5:30pm - Spinning Terry (#2)				
6:30PM	PUMP IT UP Terry (#3)	Martial Arts Fusion Manny (#3)	Circuit Mania Terry (#3)	ZUMBA Vinalis (#3)	STRONG Suyumi (#3)		
	7:30pm- Spinning Terry (#2)	Spinning & Abs Yi (#2)	7:30pm-Cycle Express Terry (#2) 30mins.	Spinning & Abs Yi (#2)			
7:30PM	ZUMBA Rob (#3)	YogaMukta Bonnie (#3) 90mins.	ZUMBA Sandra (#3)	YogaMukta Bonnie (#3) 90mins.	**Belly Dance ** Diana(#3)		

FITNESS CLASS DESCRIPTIONS

Belly Dance - Join us for this artistic movement and torso strengthening workout, every Friday night. Please PAY at the front desk prior to class \$5pp.

Circuit Mania - Develop both strength & cardiovascular endurance concurrently in this high intensity interval class utilizing various pieces of equipment.

Cycle Express - Take a 30 minute journey with this high energy Spin Class on a stationary bike. (30 mins.)

Fitness FIT - Improve all elements of fitness (flexibility, muscular strength, and cardiovascular fitness) in this low impact aerobic class with strength training.

Hatha Yoga - Yoga that teaches physical postures, purification and meditation. Based on Asanas and Pranayama which will leave you looser and relaxed.

Pilates Body - This mat based Pilates class offers a body balancing system that strengthens, lengthens, realigns and defines your body. (use of light weights & balls)

Power Pilates - A core & balance workout that focuses on all the interconnected muscles of the torso to help increase your strength & power to carry out movement.

Pump It Up - Full-body workout using light to moderate weights (barbell & dumbbells), reduce body fat and build strong muscles & bones. (limited to 32 participants)

Race Day Spinning - A rigorous Spinning class in which you keep your Heart Rate between 85% - 92% of your max. Challenging to say the least!

Restorative Yoga - Learn how to relax and soothe your nerves with passive poses to make you feel rejuvenated.

Silver Sneakers® Circuit - This class safely increases intensity levels by alternating upper body strength training with non-impact aerobic movements. (45mins.)

Silver Sneakers® Classic - A seated class designed to increase strength, range of movement, agility, balance and coordination. (45 mins.)

Spin & Abs - Work your core on the bike and off. Intervals of spinning and abdominal work utilizing Gliders, balls and tubing off the bike while off the bike.

Spin & Sculpt - This class combines the benefits of aerobics & resistance training through alternating periods of spinning and weight training.

Spinning - Get your heart pumping in this high-intensity exercise class on a stationary bicycle. Journeys include hill climbs, sprints & intervals.

STRONG - A total body workout through challenging progressions of high intensity interval training with the science of synced music motivation.

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

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

Weight Training 101 - A total body workout using barbells and dumbbells. Start reaping the benefits of strength training while learning proper technique.

Yin Yoga - A relaxing, slow-paced yoga class with focus on stretching, holding postures and meditation. Helps improve strength, mobility, flexibility & posture.

YogaMukta - A class of Liberation, work at your own level, free of attachment. A blend of Hatha & Vinyasa Yoga, with special attention to alignment. (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, mamba).

Zumba Gold - An easy to follow Latin Dance Fitness Class. Designed for the "Young at Heart" who are looking for a modified Zumba Class with lower intensity.

500 Calorie Burn - Combines the best elements of a non-stop strength class with a constant elevated heart rate. Burn up to 500 calories in one hour!! (limited to 32)

Shula's Athletic Club

15150 Bull Run Road
Miami Lakes, FL 33014
305-820-8025

Kid's Club Hours

Mon. - Fri. 8:30am - 11:30am
Mon. - Thurs. 4:00pm - 9:00pm
Friday evening 5:00pm - 8:00pm
Sat. & Sun 8:30am - 1:00pm