

# JANUARY 2020

## Fitness Class Schedule



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00AM	Spinning Joy(#2)	<u>5:30am</u> Spin & Sculpt Lourdes(#2)	Spinning Andrea (#2)	Spinning Gitte(#2)	<u>5:30am</u> Spin &Sculpt Lourdes (#2)		
7:00AM	Vinyasa Yoga Alex (#3)	Vinyasa Yoga Paula (#3)	Yin Yoga Alex (#3)	Vinyasa Yoga Paula (#3)	Vinyasa Yoga Bonnie (#3)		
8:30AM	<u>8:45am</u> ZUMBA Georgina (#3)		ZUMBA Georgina (#3)				
9:00AM		500 Calorie Burn Karen (#3)		500 Calorie Burn Karen (#3)	ZUMBA Georgina (#3)	ZUMBA Virnalis (#3)	Power Pilates Andrea (#3)
9:30AM	Spin &Sculpt Cathy (#2)		Spinning Yi (#2)		Spinning Karen (#2)	Tai Chi Manny (Hotel courtyard)	
	<u>9:45am</u> Fitness FIT Karen(#3)		Fitness FIT Karen (#3)	<u>10am</u> —Spin &Sculpt Karen (#2)		<u>9am</u> —Race Day Spin Karen (#2)	
10:00AM		Pilates Body Sanamara (#3)		Pilates Body Sanamara (#3)	Silver Sneakers Circuit Annette (#3)	500 Calorie Burn Karen (#3)	ZUMBA (60 mins.) Sandra (#3)
	<u>10:30a</u> -S.S. Circuit Gitte (gym)	Silver Sneakers Classic Miriam (gym)	<u>10:30am</u> S.S. Circuit Karen (gym)		<u>10:30a</u> -Tai Chi Manny (gym)		Spinning Andrea(#2)
10:30AM	<u>10:45am</u> S.S. Classic Karen (#3)		Silver Sneakers Classic Annette (#3)	<u>11am</u> Silver Sneakers Classic - Karen (#3)	<u>11am</u> Silver Sneakers Classic - Annette (#3)		
11:30AM	Chair Yoga (30mins.) Gitte(gym)	<u>11am</u> —ZUMBA GOLD Miriam (#3)	Tai Chi Manny (gymnasium)			<u>11:15am</u> YogaMukta Bonnie (#3) 90 mins.	<u>11:15am</u> 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 Andrea(#3)		Pilates Body Andrea (#3)			<p>All classes are <b>50 minutes</b> in length unless otherwise noted. Classes and Instructors are subject to change. (Class descriptions on reverse side)</p> <p><b>STUDIOS</b>                      Studio #2 = Spinning Studio (#2)                      Studio #3 = Large Studio (#3)                      ** = paid class</p> <p><b>HAPPY NEW YEAR!!</b>                      (closed January 1st, 2020)</p>	
5:00PM	Spin & Sculpt Andrea(#2)	Spinning Vivian(#2)		Spin & Sculpt Vivian (#2)			
5:30 PM	<b>STRONG</b> Juliana (#3)	<b>ZUMBA</b> Virnalis (#3)	<b>PUMP IT UP</b> Andrea (#3)	<b>Weight Training 101</b> Manny (#3)			
			<u>6:30pm</u> —Spinning Andrea (#2)				
6:30PM	<b>PUMP IT UP</b> Terry (#3)	<b>Martial Arts Fusion</b> Manny (#3)	<b>Circuit Mania</b> Terry (#3)	<b>ZUMBA</b> Virnalis (#3)	<b>STRONG</b> Suyumi (#3)		
	<u>7:30pm</u> - Spinning Terry (#2)	Spinning & Abs Yi (#2)	<u>7:30pm</u> -Cycle Express Terry (#2) 30mins.	Spinning & Abs Yi (#2)			
7:30PM	<b>ZUMBA</b> Rob (#3)	<b>YogaMukta</b> Bonnie (#3) 90mins.	<b>ZUMBA</b> Sandra (#3)	<b>YogaMukta</b> Bonnie (#3) 90mins.	<b>**Belly Dance **</b> Diana(#3) Starting 1/10		

# 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.
- Bilingual Basic Yoga - Build strength and increase your flexibility with energizing poses in a relaxing atmosphere. Class is taught in English & Spanish.
- Chair Yoga - Soothe the mind and body with this 45 min. yoga class while sitting in a chair. Various poses, breathing techniques & stretching integrated.
- 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.
- Martial Arts Fusion - A combination of martial arts movements (Kickboxing/Tai Chi/Karate), stretching, Pilates & Yoga to develop both your body & mind.
- 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