

January 2022 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 Jeanette (#2)	Spin & Sculpt Gitte (#2)	Spinning Andrea (#2)	Spin & Sculpt Gitte (#2)	5:30am Spinning Lourdes (#2)			
7:00AM			Vinyasa Yoga Paula (#3)		Vinyasa Yoga Paula (#3)			
8:30AM						CORE Karen(#3)		
9:00AM	ZUMBA Georgina (#3)	Pilates Andrea (#3)	ZUMBA Georgina (#3)	Spinning Andrea (#2)	ZUMBA Sandra(#3)	Spinning Karen(#2)	Pilates Andrea (#3)	
9:30AM	Spinning Cathy (#2)		Spin & Sculpt Cathy (#2)		Spinning Andrea (#2)			
	10:30am Barre Basics Christina(#3)			10am—Yogalates Andrea (#3)		9:15am ZUMBA Virnalis (#3)	10am—Spinning Andrea #2)	
10:00AM	Silver Sneakers Circuit (gymnasium)	Silver Sneakers Circuit (gymnasium)	Silver Sneakers Circuit (#3)	Silver Sneakers Circuit (gymnasium)	10am—Pump It Up! Andrea (#3)		ZUMBA Sandra (#3)	
11:00AM	Silver Sneakers Classic (gymnasium)	Silver Sneakers Classic (gymnasium)	Silver Sneakers Classic (#3)	Silver Sneakers Classic (gymnasium)				
11:30AM			Tai Chi Terry (gymnasium)		Tai Chi Terry (gymnasium)	YogaMukta Bonnie (#3) 90 mins.	Hatha Yoga Paula (#3) 90 mins.	
12:00PM	Vinyasa Yoga Bonnie (#3)				Restorative Yoga Clary (#3)			
4:30PM	Pilates Andrea (#3)		Barre Basics Andrea(#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>PLEASE BRING YOUR OWN MAT, TOWEL & WATER BOTTLE TO CLASS</p> <p>STUDIOS Studio #2 = Spinning Studio (#2) Studio #3 = Large Studio (#3) ** = paid class</p> <p>**Please purchase classes at the Front Desk prior to start time . Belly Dance—\$5 per class**</p>		
5:30 PM		Spinning Jeanette (#2)	Spinning Christina (#2)	5pm –Boot Camp Christina (#3)				
		5:30pm—ZUMBA Virnalis(#3)	STRONG Catalina(#3)					
6:00 PM	PUMP IT UP! Terry(#3)			ZUMBA Virnalis (#3)				
6:30PM	Spinning Vivian(#2)	Boot Camp & STEP Terry (#3 / outside)	PUMP IT UP! Terry(#3)					
7:15 PM	ZUMBA Catalina(#3)	YogaMukta Bonnie (#3) 75mins.	7:30pm ZUMBA Sandra (#3)	YogaMukta Bonnie(#3) 75 mins.				
8:00 PM								

Fitness Class Descriptions

CLASS Information

Most classes are 50 minutes in length, unless otherwise noted.
Please bring your own towel, water bottle and mat, if needed.
Cell phone usage is highly discouraged during class time.

Barre Basics

Start your body transformation today in this barre inspired workout. Barre Basics helps build strong, lean and elongated muscles, improve your core strength & posture and challenges your entire body.

Boot Camp / Boot Camp & STEP

Boot Camp—Get ready to sweat in this full body endurance challenge.
Boot Camp & STEP - 30 mins in Studio #3, then head outside for strength & power training on the outdoor court. Bring your own towel, & water bottle.

Core / Core & More

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.
(Saturday CORE class is only 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

This mat based Pilates class offers a body balancing system that strengthen, lengthens, realigns, and defines your body. Please bring your own mat.

Pump It Up!

Full-body workout using moderate weights (barbell & dumbbells), helps reduce body fat and build strong muscles & bones. Bring your own mat & water

Restorative Yoga

Learn how to relax and soothe your nerves with passive poses to make you feel rejuvenated. Please bring your own mat.

Silver Sneakers Circuit

This class safely increases intensity levels by alternating upper body strength training with low-impact aerobic movements. (45mins.)

Silver Sneakers Classic

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

Spinning

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 the health benefits of aerobics with strength training. Resistance training will utilize tubing, your own body weight or dumbbells to complete a full body workout. Bring your own mat, towel & water.

STRONG

STRONG by Zumba is a total body workout. The class is designed utilizing challenging progressions of high intensity interval training and plyometrics, 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. Bring your own mat and towel.

Yogalates

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

A class of liberation, work at your own level, free of attachment. A blend of Hatha & Vinyasa yoga, with special attention to alignment. 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, mamba)