



December 2024 Group Fitness Schedule

4725 N Federal Highway
Fort Lauderdale, FL 33308
(954) 542-7950



We are committed to your safety
Enter/exit through the Main Entrance of the hospital
Wearing a mask during your workout is optional
Use the provided disinfectant bottles to sanitize the equipment after use

| ZFWP Hours | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|------------|-------------------------------------|-------------------------------------|------------------------------------|-------------------------------------|---|---------------------|--------------|
| | 530am - 730pm | 530am - 730pm | 530am - 730pm | 530am - 730pm | 530am - 630pm | 700am - 300pm | 7:00am-300pm |
| Class Time | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
| 6:00 AM | | | Bootcamp Conditioning (Teriann) | | | | |
| 7:00 AM | | Spinning® (Suzette) | | Spinning® (Suzette) | | | |
| 8:00 AM | Total Body Conditioning (Suzette) | Core Strength & Stretch (Suzette) | | Strictly Strength (Suzette) | | Spinning® (Suzette) | |
| 8:30 AM | | | \$\$ Gentle Yoga (75 min) (Kate) | | | | |
| 9:00 AM | Strength and Conditioning (Suzette) | | | | Core Strength & Stretch (Teriann) | | |
| 9:30 AM | | Cardio & Strength (Marla) | | Cardio & Strength (Marla) | | \$\$ Yoga (Kate) | |
| 10:00 AM | SilverSneakers® Circuit (Teriann) | | SilverSneakers® Stability (Cherly) | | SilverSneakers® Stability (Teriann) | | |
| 10:30 AM | | \$\$Pilates® (Marla) | | \$\$Pilates® (Marla) | | | |
| 11:00 AM | SilverSneakers® Yoga (Teriann) | | SilverSneakers® Yoga (Cheryl) | | SilverSneakers® Yoga (Cheryl) | | |
| 11:30 AM | | SilverSneakers® Stability (Teriann) | | SilverSneakers® Stability (Teriann) | <p>\$\$ Paid Classes \$5 members / \$ 10 guests Fitness class card of 10: \$35 members / \$80 guests</p> <p>Please arrive on time Group classes are 50 min unless otherwise specified</p> | | |
| 12:00 PM | Zumba Gold (Silvia) | | | | | | |
| 1:00 PM | | SilverSneakers® Classic (Teriann) | SilverSneakers® Classic (Teriann) | | | | |
| 2:00 PM | SilverSneakers® Yoga (Kate) | | SilverSneakers® Yoga (Kate) | | | | |
| 4:00 PM | | Strictly Strength (Suzette) | | | | | |
| 6:15 PM | Spinning® (Angelia) | | Spinning® (Angelia) | | | | |

Please call (954) 542-7950 to make a reservation for our classes