



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

## March 2025 Group Fitness Schedule

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



|                   | Monday                              | Tuesday                             | Wednesday                          | Thursday                            | Friday  | Saturday            | Sunday        |
|-------------------|-------------------------------------|-------------------------------------|------------------------------------|-------------------------------------|---|---------------------|---------------|
| <b>ZFWP Hours</b> | 530am - 730pm                       | 530am - 730pm                       | 530am - 730pm                      | 530am - 730pm                       | 530am - 630pm   | 700am - 300pm       | 7:00am-300pm  |
| <b>Class Time</b> | <b>Monday</b>                       | <b>Tuesday</b>                      | <b>Wednesday</b>                   | <b>Thursday</b>                     | <b>Friday</b>   | <b>Saturday</b>     | <b>Sunday</b> |
| 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 align="center"><b>\$\$ Paid Classes</b><br/>\$5 members / \$ 10 guests<br/>Fitness class card of 10:<br/>\$35 members / \$80 guests</p> <p align="center"><b>Please arrive on time</b><br/>Group classes are 50 min unless otherwise specified</p> |                     |               |
| 12:00 PM          |                                     |                                     |                                    |                                     |   |                     |               |
| 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