



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

October 2024 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
ZFWP Hours	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							

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