



Group Exercise Schedule

Class descriptions on reverse side



Group Exercise Class Description

213 Perry St., Pomona Park, FL 32181
386-649-8784

Effective October 2018

Time	Bldg	Monday	Tuesday	Wednesday	Thursday	Friday
8:45 am - 9:45 am	#1	Cardio Sculpt <i>Brenda</i>		Cardio Sculpt <i>Brenda</i>		Exercise on Demand
10:00 am - 10:50 am	#2	SilverSneakers Classic <i>Brenda</i>	SilverSneakers Classic <i>Elaine</i>	SilverSneakers Circuit <i>Brenda</i>	SilverSneakers Classic <i>Elaine</i>	SilverSneakers Classic <i>Bill</i>
11:00 am - 11:50	#2		Chair Yoga <i>Elaine</i>		Chair Yoga <i>Elaine</i>	
5:30 pm - 6:30 pm	#1	Zumba® <i>Kandice</i>				Zumba® <i>Kandice</i>

Group Exercise on Demand

Join the early risers for an energetic start of the day utilizing DVD group exercise programs incorporating cardiovascular and resistance training.

SilverSneakers® Classic - Multi-level

A total body conditioning class for senior adults designed to increase muscle strength, range of movement, and functional skills for activities of daily living

SilverSneakers® Circuit- Multi-level

Experience standing positions for low-impact cardiovascular training alternated with upper-body muscular strength and toning segments.

Cardio-Sculpt - Multi-level

A format designed for the active adult combining low-impact cardio movements followed by strength training using handheld weights.

Chair Yoga - All Levels

Class design focuses on poses and postures to improve range of movement, muscular strength, endurance and balance. Static and dynamic movements are presented with a chair for seated and standing support.

Zumba® - Multi-level

A dance cardio program that takes moves from Latin and world dances and fuses them with fitness moves to create a fun and energetic workout.

All classes are free to all members of PHFC