



Group Exercise Schedule

Class descriptions on reverse side

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

Effective January 2019

QiGong begins 01/10 *Ballet begins 01/17

Time	Monday	Tuesday	Wednesday	Thursday	Friday
8:45 am - 9:45 am	Cardio Sculpt <i>Brenda</i> Studio A	**QiGong Penny Studio B	Cardio Sculpt <i>Brenda</i> Studio A	**QiGong Penny Studio B	Exercise on Demand Studio A
10:00 am - 10:50 am	SilverSneakers Classic <i>Brenda</i> Studio B	SilverSneakers Classic <i>Elaine</i> Studio B	SilverSneakers Circuit <i>Brenda</i> Studio B	SilverSneakers Classic <i>Elaine</i> Studio B	SilverSneakers Classic <i>Bill</i> Studio B
11:00 am - 11:50		Chair Yoga <i>Elaine</i> Studio B		Chair Yoga <i>Elaine</i> Studio B	
5:00 pm - 6:00 pm				***Ballet Marcy Studio A	



Hours of Operation

Monday, Wednesday 6:30-8:00

Tuesday, Thursday 7:00-8:00

Friday 6:30-6:30

Saturday 9:00-2:00

PHFC
Class Descriptions

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.

QiGong

Like Yoga, Qigong involves rhythmic movements, focused breathing and concentrated awareness. Qigong is used to relief stress, promote health,

Ballet

It incorporates physical training with grace and musical interpretation. It has been shown that younger students of dance develop better math skills early in life.

All classes are free with select memberships of PHFC