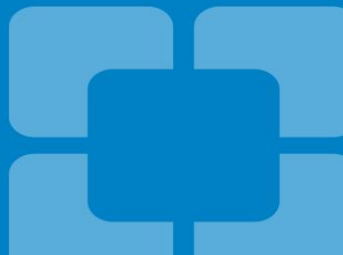




Hobe Sound Group Exercise Class Schedule

11600 S.E. Federal Hwy
Hobe Sound, FL 33455
772.223.4927



January 2023

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:50-8:50am Zumba Light Angela	7:50-8:50am Stretch & Core Osvaldo		7:50-8:50 Zumba Anaisa			
9:00-10:00am Resistance Training Carole	9:00-10:00am Stretch & Core Osvaldo	9:00-10:00am Pilates w/ Props Carole	9:00-10:00am Resistance Training Carole	9:00-10:00am Cardio Sculpt + Carole		
	10:15-11:15am Tai Chi for Health Pat	10:15-11:15am Stretch & Core Carole	10:15-11:15am Stretch & Core Carole	10:30-11:30am Vinyasa Yoga Tracy		
		11:30am- 12:15pm Better Balance Mary D				
12:00-1:00 pm SilverSneakers® Classic Mary D	12 pm SilverSneakers® Cardio Mary D	12:30-1:30pm Chair Yoga Mary D	12 pm SilverSneakers® Classic Mary D	12pm Silver Sneakers Cardio Circuit Mary D		
			3:45-4:45pm Vinyasa Yoga Tracy			



Visit our website at martinhealth.org/fitness for all programs and services.

MEMBERS

During this time of Covid-19 it is important to clean equipment after use.
Participants will be required to bring their own yoga mat or floor mat.

Group Exercise Class Descriptions

Mind & Body

Restorative Yoga: A beginner level class which focuses on a deeper stretch and relaxation so to restore the senses and feel rejuvenated.

Vinyasa Yoga: Vinyasa yoga synchronizes movement with breath, linking the postures together into a dynamic practice. The breath is used as a constant point of reference for returning to and resting in the present moment. All levels are welcome. *Persons with hypertension or cardiac history should speak to instructor regarding isometric exercises.

Slow Flow Yoga: Moving with the breath, we practice slowly and mindfully at a pace that allows for exploration of each pose. Through our yoga practice we strengthen our bodies, unwind from the day and find that connection between mind, body and spirit.

Core Yoga: A blend of low impact aerobics, yoga and pilates moves designed to strengthen the core muscles that bring the upper and lower body together. Some light props may be used.

Cardio & Strength

Fit Forever: Class starts with an aerobic based workout to get the body moving, then comes the functional strength and stretch section, designed to help with everyday activities

Resistance Training: Sculpt your body as you rotate from weights to low impact aerobics.

Zumba: This fusion of Latin and international music along with dance themes creates a dynamic, exciting and effective workout sure to get your heart pumping. **With Toning:** use of light weights for strengthening exercises.

Cardio Sculpt: Get up and Go with aerobics. 30 minute cardio and 30min body sculpt.

Balance & Core

Better Balance: Learn balance and fall prevention techniques, improve confidence and independence, improve muscular and core strength

Pilates: This is a beginner level mat class for those who are working on mastering the basics of Pilates, as well as for anyone new to the principles of the Pilates method of body conditioning. You will learn the concepts of core strength alignment, breath and control as well as all of the beginning mat exercises. No prior knowledge of Pilates is required. **With Props:** includes the use of small equipment.

Pilates with Props – Pilates mat class incorporating the use of some small equipment.

Stretch & Core: A perfect therapeutic non-impact workout designed to increase range of motion and improve flexibility as well increase abdominal and low back strength.

Tai Chi for Health: A series of slow, graceful land controlled body movements. These movements have been compared to yoga and ballet. Excellent class for balance and fall prevention.

SilverSneakers®

Classic: Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles and a SilverSneakers ball are offered for resistance. A chair is available if needed for seated or standing support.

Hobe Sound Health & Fitness Hours

Mon – Friday:	6 am – 5pm
Saturday:	CLOSED
Sunday:	CLOSED