

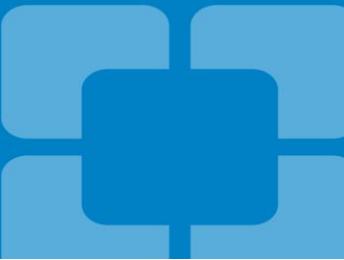


## Palm City Group Exercise Class Schedule

3066 SW Martin Downs Blvd

Palm City, FL 34990

772.781.2722



### CYCLING STUDIO SCHEDULE

January 2023

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:15-10:15a <b>Cycling</b> Donna	9:15-10:15a <b>Cycling</b> Donna	6:15-7:15a <b>Cycling</b> Steffi	9:15-10:15a <b>Spin BootCamp</b> Steffi	9:15-10:15a <b>Cycling</b> Steffi		
<b>Indoor Rowing Classes</b>						
		9:15-10:15 Suzy		9:15-10:15 Suzy		
<b>Functional Training Area Classes</b>						
			<b>Circuit Boot Camp</b> 10:30-11:30 Steffi			

### AEROBICS STUDIO SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8 -9am <b>Vinyasa Yoga</b> Michelle L	8 – 9:00am <b>Body Bliss</b> Grace (Sneakers required)	8-9:00am <b>Essentrics</b> Aging backwards Rosalie	8- 9:00 am <b>Vinyasa Yoga</b> Kim	8-9:00am <b>Essentrics</b> Aging backwards Rosalie		
	9:15 – 10:15am <b>Zumba Fitness</b> Anaisa	9:15 – 10:15am <b>Resistance Training</b> Holly	9:15 – 10:15am <b>Zumba Tone</b> Osvaldo	9:15 – 10:15am <b>TBC-Light</b> Jeanette	9:15 – 10:15am <b>TBC-Light</b> Jeanette	9:15 – 10:15am <b>TBC</b> Holly
10:45-11:45 <b>Mat Pilates Plus</b> Osvaldo	10:30 – 11:30 <b>Boot Camp</b> Steffi	10:45 – 11:45 <b>Power Yoga</b> Kim	10:30 – 11:30 <b>Mat Pilates</b> Osvaldo	10:30-11:30am <b>Matt Pilates</b> Connie		10:30-11:30 am <b>Vinyasa Yoga</b> Connie
12:00 -1:00pm <b>SilverSneakers® Classic</b> Osvaldo	12:00 – 1:00pm <b>Tai Chi</b> Nancy H.	12:00 -1:00pm <b>SilverSneakers® Yoga</b> Osvaldo	12:00 – 1:00pm <b>Tai Chi</b> Nancy H.	12:00 -1:00pm <b>SilverSneakers® Cardio</b> Osvaldo		
1:15 – 2:00pm <b>Better Balance</b> Gabe	1:15 – 2:15 <b>SilverSneakers® Classic</b> Osvaldo	1:15 – 2:15pm <b>SilverSneakers® Yoga</b> Osvaldo	1:15 – 2:00pm <b>Better Balance</b> Mickey	1:15 – 2:15 <b>SilverSneakers® Cardio</b> Osvaldo		
3:00-4:00 <b>SilverSneakers® Classic</b> Osvaldo	2:30-3:30 <b>Punch out Parkinson's \$</b> Mickey	3:30-4:30 <b>Zumba Gold</b> Osvaldo	2:30-3:30 <b>Punch out Parkinson's \$</b> Mickey			
5:30 – 630pm <b>Zumba Tone</b> Osvaldo		5:30 – 630pm <b>Yoga for Health</b> Rita G	5:30 – 630pm <b>Zumba</b> Anaisa			



Visit our website at  
[martinhealth.org/fitness](http://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

\*Persons with hypertension or cardiac history should speak to instructor regarding isometric exercises.

**Kripalu Yoga:** Discover the link between body, mind, and spirit. This class focuses on the movement of energy through the body which allows the deeper aspects of Yoga and meditation to manifest spontaneously and effortlessly.

**Body Bliss:** Start the day off right feeling "fresh and fabulous" as you shape and tone your body, increase your awareness and gain more flexibility. (**Sneakers Required**)

**Tai Chi:** A series of slow, graceful controlled body movements to improve balance, flexibility and core stability.

**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.

**ESSENTRICS® Aging Backwards:** This is an age reversing workout that will restore movement in your joints, flexibility in your muscles, relieve pain, and stimulate your cells to increase energy, vibrancy and your immune system. A slow-paced, full body workout created by the author of Forever Painless and the New York Times bestseller, Aging Backwards. (**Mat and Towel Required**)

### Cardio & Strength

**Cycling:** Check out our studio with Schwinn Spin Bikes which include computers that show you Watts, RPM's and Distance! Feel the road during this heart pumping class suitable for all ages and fitness levels because you can adjust your resistance.

**Cycle Boot Camp:** Get ready to burn fat and tone your whole body by alternating cycling with off the bike resistance training.

**HIIT:** Each class will focus on the workout of the day including strength and endurance exercises that will keep your heart pumping.

**Max Cuts:** Basic functional movements will get you seeing results in this class as you rotate through bosu's, dumb bells, body bars.

**Pedal 2 the Metal:** An advanced cycling class focused on "real road training" which will get you ready for any race.

**Power Interval Training:** Combine cardiovascular, strength, core and agility exercises using short, high-intensity intervals and rest periods. A variety of formats and equipment keep the class fun and exciting for ALL fitness levels.

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

**Rowing Fusion:** 8 people max – sign up in advance at the front desk. 45 – 60 min. of heart pounding rowing intervals mixed with functional movements on and off of the Kinesis machine. Suitable for all ages and fitness levels.

**Total Body Conditioning (TBC):** Be ready to mix it up as you will be incorporating free weights, weighted bars, bands and step aerobics with an emphasis on cross-training techniques. Classes are taught in an interval format.

**Ultimate Step:** Feel challenged as you move up and down on the step trainer through choreographed movement patterns focused on lower body strength and calorie burn.

**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.

**Zumba Gold:** a modified Zumba class for active older adults that recreates the original moves you love at a lower-intensity.

**Zumba with Toning:** The challenge of adding light weight resistance and additional fitness moves, helps you focus on specific muscle groups, so you (and your muscles) stay engaged!

### Balance & Core

**Express Core:** This intense core, strength and balance class using sliders and Bosu will give you the ultimate burn in 30 minutes.

**Pilates:** You will learn the concepts of core strength alignment, breath and control as well as all of the mat exercises. No prior knowledge of Pilates is required.

**Pilates + :** Pilates plus blends the traditional Pilates mat work which focuses on core strength with functional exercises.

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

### SilverSneakers®

**Cardio:** Get up and go with an aerobics class that's safe, heart-healthy and gentle on the joints. The workout includes easy-to-follow low-impact movement, and upper-body strength, abdominal conditioning, stretching and relaxation exercises designed to energize your active lifestyle.

**Circuit:** Combine fun with fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper-body strength work with hand-held weights, elastic tubing with handles, and a Silver Sneakers ball is alternated with low-impact aerobics choreography. A chair is used for standing support, stretching and relaxation exercises.

**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 Silver Sneakers ball are offered for resistance. A chair is available if needed for seated or standing support.

**Yoga:** Silver Sneakers Yoga will move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of seated and standing postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity.

### Medical Fitness Classes

**Punch Out Parkinson's (\$):** This class incorporates boxing with other exercises to improve strength, balance, mobility and quality of life for people with Parkinson's disease. **Cost:** Members \$9/single; \$65/unlimited – Non-members: \$11/single; \$80 unlimited

#### **Health & Fitness Center Hours**

Mon – Friday 5:30 am – 7:30 pm

Sat 7:00 am – 3:00 pm

Sun 8:00 am – 3:00 pm