

**On Going Exercise Classes**  
**City of Pembroke Pines**  
**Southwest Focal Point Community Center**  
*JUL/AUG/SEP 2017*

*The City of Pembroke Pines Southwest Focal Point Community Center is accepting registrations for ongoing exercise classes. The classes are offered on a monthly basis. A complete listing of classes appears below.*

To participate in any classes one must be a registered member of the center (membership is FREE). **Members must present their SWFP membership card when signing up for all classes, activities and events.** All classes are held at the SWFP Community Center. To see a schedule of all activities held at the Community Center please visit [www.ppines.com](http://www.ppines.com).

**NEW CLASSES! Flamenco Dance**

Luna Calé is a professional dance company created to promote flamenco music, dance and Hispanic culture. Our goal is to support growth of both student and professional flamenco artists by sponsoring performances, flamenco music and dance education opportunities. Day and evening classes are offered. \$10 per 1 hour class.

To register call Luna Calé Flamenco at (954)235-8221 or visit [www.lunacaleusa.com](http://www.lunacaleusa.com)

DAYTIME *Adults & Seniors*: Tuesdays (Beginners): 10:30am-11:30am or (Beginners): 11:30am-12:30pm

EVENING *Adults & Children*: Tuesdays, Wednesdays and Thursdays

5:00pm – 6:00pm (Beginners) or 6:00pm – 7:00pm (Intermediate)

**NEW CLASS! Low Impact Exercise in the Main Hall**

Fridays: 10:30am – 11:30am. **FREE** for SWFP members only.

*Sponsored by Pines Medical Center*

**NEW TIME! Mat Pilates**

Thursdays: 10:00am – 11:00am. **FREE** for SWFP members only - *Starting in July*

*Sponsored by Baptist Health South Florida*

**NEW CLASS! Fit and Strong**

*Students must have taken Senior Total Fitness and have written approval from the instructor to register for this class.*

Combines the gym and outdoor/indoor aerobic activity. This class is for advancing in strength and endurance and to challenge individuals to a better fitness level. Improve your heart health, strengthen muscles, bones, and joints.

Wednesdays, 11:30am – 12:30pm. **FREE** for SWFP members only (\$5 cash deposit required to hold your space for the month – must attend all classes to be refunded.)

*Sponsored by Coventry Health*

**Senior Total Fitness**

This energetic class has all the elements of fitness that everyone needs to enjoy an active and healthy lifestyle! It combines resistance training, flexibility, cardiovascular and neural-motor training for all levels. Participants will experience improvement in strength, endurance, flexibility, and coordination which are key components for optimal fitness health. Each workout is dynamic and ever changing to meet the individual needs of the participants - students of all fitness levels are welcome! Thursdays 11:00am – 12:00pm. **FREE** for SWFP members only.

**Chair Total Fitness**

This class encompasses all the elements provided in the **Senior Total Fitness** class but while sitting on a chair.

Wednesdays 12:30pm - 1:20pm. **FREE** for SWFP members only.

### **NEW TIME! Yo-chi-lates**

A combination of Yoga, Tai Chi and Pilates – all in one class!

Wednesdays 9:00am-10:00am in Gym 2 – **FREE** for SWFP members only.

*Sponsored by Baptist Health South Florida*

### **Gym Training**

Once a week, our knowledgeable personal trainer will be in the workout room to assist members with proper use of gym equipment. She will also create an easy workout designed to help individuals exercise independently to reach their unique health and fitness goals! Fridays 11:15am-12:15pm in the Workout Room - **FREE** for SWFP members only.

### **JoyDanz**

Dance is all about being joyful, moving your body in organic ways to the rhythm and the beat.

Come and Shake your Soul to African, Indian, Caribbean, Irish, Latin rhythms and more!!!!

Mondays 10:00am in the Main Hall – **FREE** for SWFP members only.

### **Ageless Grace®- BRAIN AND BODY WORKOUT!**

Exercise your body and your brain! While seated in a chair, students have fun doing exercises which stimulate all 5 functions of the brain, and which address all the functions of healthy aging - flexibility, mobility, agility, strength, breath, balance etc. Tuesdays 10:00am – **FREE** and open to everyone. *This class is made possible by a generous grant from the National Parkinson's Foundation*

### **Salsa**

Wednesdays 10:00am-11:00am in the Main Hall - **FREE** for SWFP members only.

### **“Scale Back” Weight Loss Workout**

A combination of dance fusion, nutritional guidance and weekly weigh-ins will help students achieve their weight loss goals and develop a healthier lifestyle! Ages 18 yrs. and up.

**Mondays 12:30pm - 1:30pm – Starting in July**

\$10.00 per month (55 yrs & older)

\$30.00 per month (54 yrs & under)

### **20/20/20 Fitness**

This all-in-one group fitness class gives you 3 workouts in one! 20 minutes of dance, 20 minutes of weights and 20 minutes of yoga will give you a total body workout in just one hour! Ages 18 years and up. *Students must bring in their own hand weights and mats.*

#### **DAYTIME**

**Wednesdays 11:30am - 12:30pm – Starting in July**

\$10.00 per month (55 yrs & older)

\$30.00 per month (54 yrs & under)

#### **EVENING**

**Thursdays 6:30pm - 7:30pm**

\$30.00 per month

### **Chair Exercise**

**Mondays: 12:30pm - 1:30pm**

**Wednesdays: 9:30am - 10:30am**

**Fridays: 9:30am - 10:30am**

**FREE** for registered SWFP members

### **Water Aerobics**

**Tuesdays -OR- Thursdays: 9:00am - 10:00am**

**FREE** for registered SWFP members

*Space is limited - first come, first served*

## **Yoga**

4 ongoing monthly classes are offered each week.  
Each day and time for the month is a separate fee.

**Mondays 11:30am - 12:30pm**

**Tuesdays: 9:00am - 10:00am**

**Thursdays: 9:00am - 10:00am**

**Fridays: 10:30am - 11:30am**

\$10.00 per month (55 yrs & older)

\$30.00 per month (54 yrs & under)

## **Chair Yoga**

3 ongoing monthly classes are offered each week.  
Each day and time for the month is a separate fee.

**Mondays: 10:30am - 11:30am**

**Wednesdays: 10:30am - 11:30am**

**Fridays: 9:00am - 10:00am**

\$10.00 per month (55 yrs & older)

\$30.00 per month (54 yrs & under)

## **Tai Chi**

**Thursdays: 1:00pm - 2:00pm (Beginner) FREE** for SWFP members only – *Starting in July*

*Sponsored by Baptist Health South Florida*

## **Tai Chi**

4 ongoing monthly classes are offered each week.  
Each day and time for the month is a separate fee.

### **DAYTIME**

**Mondays: 9:15am - 10:15am**

**(Beginner/Intermediate/Advanced)**

**Thursdays: 11:45am - 12:45pm**

**(Beginner/Intermediate)**

**Fridays: 12:00pm - 1:00pm**

**(Beginner/Intermediate)**

\$10.00 per month (55 yrs & older)

\$30.00 per month (54 yrs & under)

### **EVENING**

**Wednesdays: 7:00pm - 8:00pm**

\$30.00 per month

## **Zumba!**

**Tuesdays: 12:00 - 1:00pm**

\$10.00 per month (55 yrs & older)

\$30.00 per month (54 yrs & under)

## **Zumba in the Main Hall!**

**Fridays: 12:00pm - 1:00pm**

**FREE** for registered SWFP members

*Sponsored by Baptist Health South Florida*

Revised 5/17/17