

On Going Exercise Classes
City of Pembroke Pines
Southwest Focal Point Community Center
JAN/FEB/MAR 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.

NEW! Mat Pilates

Mondays: 9:30am – 10:30am

\$15.00 per month (55 yrs & older)

\$35.00 per month (54 yrs & under)

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.

Yo-chi-lates

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

Wednesdays 9:30am-10:30am 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!!!!

Learn Adapted, Modified Dances like Tango, Waltz, Tap as well as Interpretive dance done in pairs and individual dances where you let yourself go and feel free and joyful!! Mondays 10:00am in the Main Hall – **FREE** for SWFP members only.

Ageless Grace®- BRAIN AND BODY WORKOUT!

Exercise your body and your brain! This fun and exciting class that everyone is talking about is based on the cutting edge science of Neuroplasticity. 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. These exercises also stimulate new neural pathways maintain existing ones and restore new ones! Tuesdays 10:00am in the Main Hall – **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! Even after weight loss goals are met, this class will provide the motivation needed to help you stay on track with your weight and maintain a healthy lifestyle. Ages 18 yrs and up.

DAYTIME

Mondays 12:30pm - 1:30pm

FREE for registered SWFP members

Sponsored by Baptist Health South Florida

EVENING

Wednesdays 6:30pm - 7:30pm

\$30.00 per month

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! Unlike some high-intensity circuit training workouts that can leave you feeling exhausted, this contemporary cutting-edge class will leave you feeling refreshed, invigorated and revitalized. You'll be having fun, as well as helping your body! This workout is designed for a wide range of participants and is suitable for those who are new or returning to exercise, or for the active older adult. Ages 18 years and up. *Students must bring in their own hand weights and mats.*

DAYTIME

Wednesdays 11:30am - 12:30pm

FREE for registered SWFP members

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EVENING

Thursdays 6:30pm - 7:30pm

\$30.00 per month

Zumba for Teens and Adults

These classes are open to persons 14 years and older! Ditch the workout, join the party! Zumba is here! In this popular dance fitness program that utilizes Latin and international music, students get a cardio workout that also helps tone the body.

Tuesdays 6:30pm - 7:30pm

\$30.00 per month

Tai Chi

Students will learn the basic concepts of tai chi, including posture, relaxed deep breathing, flowing movement and a basic understanding of mind-body connection. For all levels of -students: Beginner/ Intermediate/ Advanced.

Wednesdays 7:00pm - 8:00pm

\$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

Line Dance

Mondays: 11:00am - 12:00pm

\$10.00 per month (55 yrs & older)

\$30.00 per month (54 yrs & under)

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)

Tai Chi

4 ongoing monthly classes are offered each week.

Each day and time for the month is a separate fee.

Mondays: 9:15am - 10:15am

(Beginner/Intermediate/Advanced)

Thursdays: 11:45am - 12:45pm

(Beginner/Intermediate)

Thursdays: 1:00pm - 2:00pm

(Beginner)

Fridays: 12:00pm - 1:00pm

(Beginner/Intermediate)

\$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)

Zumba!

Tuesdays: 12:00 - 1:00pm

\$10.00 per month (55 yrs & older)

\$30.00 per month (54 yrs & under)

Zumba!

Fridays: 12:00pm - 1:00pm

FREE for registered SWFP members

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Revised 10/25/16