

On Going Exercise Classes
City of Pembroke Pines Community Services Department
The Carl Shechter Southwest Focal Point Community Center Campus
April/May/June 2018

The City of Pembroke Pines Carl Shechter 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 CLASS! Krav Maga Self Defense

Krav Maga is a self-defense system developed for the Israel Defense Forces (IDF) and Israeli security forces. It consists of a combination of fighting techniques with a focus on real world situations. Students learn to defend themselves against a variety of attacks in the quickest and most efficient way possible. Classes offered on Tuesdays, between 6:00pm-8:00pm. For more information and to register please call William Padron at (305) 776-8260.

Silver Sneakers® "Classic" is at the SWFP!

Get fit and stay fit in a fun environment!

Fridays: 10:30am-11:30am in the Main Hall - *Sponsored by Chen Medical*

Laughter Yoga

Offered the 2nd Tuesday of every month 10:30am – 11:30am. FREE for SWFP members only. *Sponsored by Chen Senior Medical Center*

Flamenco Dancing

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
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)

Low Impact Exercise in the Main Hall

Thursdays: 10:30am – 11:30am. **FREE** for SWFP members only. *Sponsored by Caremax Medical Center*

Mat Pilates

Thursdays: 10:00am – 11:00am.

\$10.00 per month (55 yrs. & older)

\$30.00 per month (54 yrs. & under)

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.

Sponsored by Coventry Health

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 9:00am-10:00am in Gym 2

\$10.00 per month (55 yrs. & older)

\$30.00 per month (54 yrs. & under)

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. *Sponsored by Baptist Health South Florida*

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-11:00am – **FREE** and open to everyone.

Sponsored by Caremax Medical Center

Salsa

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

“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.

FREE for registered SWFP members. *Sponsored by Caremax Medical Center*

20/20/20 Fitness

This all-in-one group fitness class gives you 3 workouts in one! 20 minutes of cardio exercise, 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

EVENING

Thursdays 6:30pm - 7:30pm

\$10.00 per month (55 yrs. & older)

\$30.00 per month (54 yrs. & under)

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

\$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.

DAYTIME

Mondays: 9:15am - 10:15am

(All Levels)

Thursdays: 11:45am - 12:45pm

(Intermediate)

Thursdays: 1:00pm - 2:00pm (Beginner)

EVENING (All levels)

Wednesdays: 7:00pm - 8:00pm

\$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)

NEW CLASS! Evening Zumba!

Wednesdays: 5:30pm - 6:30pm

\$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*