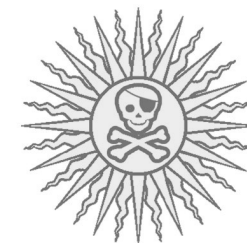


JANUARY 2012



Pirate Wellness Center

Group Exercise Class Schedule & other programs

Pirate Wellness Center Hours Open:
24 Hours a day. 7 Days a Week
(305)744-3348

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	8:00-9:00am Fitness Ball w/Larysa	8:00-9:00am Pilates w/Larysa	8:00-9:00am Power Step w/Kathie	8:00-9:00am Pilates w/Larysa	8:00-9:00am Power Step w/Kathie	9:00-10:00am Enhance Fitness w/LuAnn
	9:00-10:00am Enhance Fitness w/LuAnn	9:00-10:00am Enhance Fitness w/LuAnn	9:00-10:00am Enhance Fitness w/LuAnn	9:00-10:00am Enhance Fitness w/LuAnn	9:00-10:00am Enhance Fitness w/LuAnn	8:45-9:45am Pilates w/Larysa
	9:15-10:15 Yoga w/Deborah	9:30-10:30am Yoga w/Jane	9:15-10:15am Yoga w/Deborah	9:00-10:00am Spin w/Diane	9:15-10:15am Yoga w/Deborah	10:00-11:00am Zumba w/Larysa
	Yoga w/Sessie	4:00pm-5:00pm Pilates w/Larysa	4:45-5:45pm Yoga w/Sessie	10:00-11:00am Zumba w/Larysa		10:45-11:45am Yoga w/Sessie
	6:00-7:00pm Boot Camp w/Halley	5:30-6:30pm Zumba w/Larysa	6:00-7:00pm Boot Camp w/Halley	6:00-7:00pm Boot Camp w/Halley		
	7:00-8:30pm Aikido	7:00-8:30pm Aikido		7:00-8:30pm Aikido		

The schedule will be updated accordingly.

Please note that any class may be cancelled without notice, due to lack of attendance & class availability is strictly on a first come first serve basis. See reverse side for fees where applicable. **Front Desk Staffed Mon–Thurs 7am–8pm Fri–Sat 8am–5pm Sun 8am–4pm**

Comment	Description	Price
Total Fitness Deborah Jacobson 305-745-2374	This program will combine aerobics, strength and weight training.	Ask Instructor
PILATES Larysa Kolosouska 646-726-8520	Pilates will help you develop Flexibility and Strength, develop Core, Abdominal and Back Muscles, improve your posture, balance and coordination and achieve correct body alignment. Pilates method works well for a wide range of people: Athletes and dancers, seniors ,women rebounding from pregnancy and people at various stages of physical rehabilitation.	Ask Instructor
		Ask Instructor
POWER STEP Kathy Rockett 305-872-8010	Warm Up with 30 minutes intense Choreographed Cardio Step, Abdominals and Cool Down.	Ask Instructor
YOGA	Inspirational Kripalu Yoga, flows gently with the grace of movement. Postures, breathing techniques, and meditation combinations for body and mind awareness. Jane uses a variety of props. All shapes, sizes, and abilities encouraged. Prepare to laugh, bring your giggles.	Ask Instructor
YOGA Sessie Welzien 305-393-5298	One hour of Vinyasa Flow Yoga. Sessie leads you through a flowing series of postures to build strength, flexibility, and muscles while helping you to reduce stress and lose weight. Suitable for all levels as modifications are provided.	Ask Instructor
CORE BOOT CAMP W/HALLEY HAACK 305-304-1456	30 minutes of total Abs and 30 minutes of alternating exercise. This is a tough and strenuous class.	Ask Instructor
SPIN - Diane Neault 305-304-2971	Spinning is a vigorous workout that burns calories and keeps your muscles in shape.	Ask Instructor
Bikram/Power Yoga Deborah Jacobson 305-745-2374	Hot Yoga	Ask Instructor
AIKIDO John Duke	Based on the principles of balance and harmony, Aikido is an effective non-aggressive style of self-defense, focusing on Free for Members awareness and taking control of a situation instead of being controlled by it. Utilizes circular movement to redirect attacks and blend and “lead” the attacker into a variety of throws or joint-tightening techniques. Because the emphasis is on blending with an attack instead of head –on, Aikido does not rely on strength and can be enjoyed by men, women and children of all age	Non-Members \$15 Per Class
BOOT CAMP Halley Haack	A great cardio workout that builds muscular endurance and strength. You’ll be outside and inside doing calisthenics, using mostly your upper body weight resistance, e.g. squats, pushups, sit-ups, etc. You will be jumping and pumping. A great way to burn calories. Modification to the routines are made to address all levels of fitness.	Ask Instructor
ENHANCED FITNESS LuAnn Devine 305-304-9601	Group exercise class that incorporates light weight training, flexibility and balance. Low Impact Cardio tailored for adults 55 and older.	Free for Members Non-Member \$25 Per Month
S.		

