FITNESS

MASTERS SWIM

Brush up on stroke technique, maintain fitness, train for meets, or prepare for a triathlon.
Tuesdays and Thursdays
7:30 p.m. - 8:30 p.m.
Fees:
$30.00 per Month
$6.00 per Class

PILATES

Tuesdays and Thursdays
9:00 a.m. - 10:00 a.m.
Wednesdays
6:30 p.m. - 7:30 p.m.

Resident Fees:	Non-Res. Fees:
8 Weeks $40.00	$50.00
$7.00 per Class	$9.00

STRONG BY ZUMBA

High intensity interval training with the science of synched music!
Wednesdays
5:30 p.m.
Resident Fee: $8.00
Non-Resident Fee: $10.00

SAHASRA YOGA

Morning Stretch and Flow
Mondays 9:00 a.m. - 10:00 a.m.
Deep Stretch & Flow
Thursdays 7:30 p.m. - 8:45 p.m.

Resident Fees:	Non-Res. Fees
5 Classes $50.00	$55.00
10 Classes $90.00	$95.00
$10.00 per Class	$12.00

* $7.00 first class fee.
Call 754.265.3978 for class registration

ZUMBA gold

A fun and effective total body workout.
Mondays
6:00 p.m. - 7:00 p.m.
Tuesdays
10:15 a.m. - 11:15 a.m.
Sponsored by Baptist Health
Complimentary

NO PAIN
NO GAIN

For more information, please call 954.436.7300.