






# COCONUT CREEK FITNESS CENTER

**"Your Hometown Gym"**





Rec Complex Fitness Center  
4455 Sol Press Blvd  
954-545-6650

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:15 - 6:45 AM <b>EXPRESS SPIN</b> Renee		6:15 - 6:45 AM <b>EXPRESS SPIN</b> Tim W.	Fitness Classes 	6:15 - 6:45 AM <b>EXPRESS SPIN</b> Tim M.	<b>SPINNING®</b> 	
6:45 - 7:00 AM <b>CORE &amp; MORE</b> Renee		6:45 - 7:00 AM <b>CORE &amp; MORE</b> Tim W.		6:45 - 7:00 AM <b>CORE &amp; MORE</b> Tim M.		
						
	9:30 - 10:30 AM <b>FOREVER FIT</b> Jonna	<b>NORTH GROUP FITNESS CLASSES ARE LOCATED INSIDE THE REC COMPLEX</b>  <b>NON-MEMBER FEES</b> RESIDENTS = \$6 NON-RESIDENTS = \$8  <b>SPINNING® CLASSES FREE FOR ANNUAL MEMBERS \$2 (30 MIN CLASS) OR \$4 (60 MIN CLASSES + GUEST PASS FEE FOR NON MEMBERS)</b>  <b>FOR UPDATED INFORMATION, PLEASE CALL 954-545-6650</b>			9:00 - 10:00 AM <b>BODY SCULPTING</b> Jennifer	9:15 - 10:15 AM <b>RIP &amp; RIDE</b> Renee
						
					10:00 - 11:00 AM <b>ZUMBA</b> Cheryl	10:30 - 11:30 AM <b>SUNDAY SHREDZ</b> Chelsi
11:00 AM - 12:00 PM <b>SILVER SNEAKERS</b> Renee		11:00 AM - 12:00 PM <b>SILVER SNEAKERS</b> Renee		11:00 AM - 12:00 PM <b>SILVER SNEAKERS</b> Tim M.	11:15AM - 12:15PM <b>SPINNING®</b> Kelvin	
	5:15 - 6:15 PM <b>SPINNING®</b> Tim M.		5:15 - 6:00 PM <b>CORE &amp; MORE</b> Jeff			
6:15 - 7:15 PM <b>BODY SCULPTING</b> Jennifer	6:30 - 7:30 PM <b>STEP AEROBICS</b> Judy	6:15 - 7:15 PM <b>H.I.I.T.</b> Chelsi	6:15 - 7:15 PM <b>SPINNING®</b> Kelvin	6:15 - 7:15 PM <b>YOGA</b> Jennifer		
7:30 - 8:30 PM <b>ZUMBA</b> Cheryl	7:30 - 8:30 PM <b>YOGILATES</b> Jennifer	7:30 - 8:30 PM <b>ZUMBA</b> Cheryl				



**COCONUT CREEK  
FITNESS CENTER**  
"Your Hometown Gym"  
Community Center Fitness Center

1100 Lyons Road  
954-545-6688

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
				<b>Fitness Classes</b> 		
9:00 AM - 10:00 AM <b>YOGA</b> Marcia						
		9:45 AM - 10:45 AM <b>YOGA</b> Marcia	9:30 AM - 10:30 AM <b>SCULPT &amp; TONE</b> Diana			
		<b>SOUTH GROUP FITNESS CLASSES ARE LOCATED INSIDE THE COMMUNITY CENTER FITNESS CENTER</b> <u><b>NON-MEMBER FEES</b></u> <b>RESIDENTS = \$6</b> <b>NON-RESIDENTS = \$8</b> <b>FOR UPDATED INFORMATION, PLEASE CALL 954-545-6688</b>				
	11:00 AM - 12:00 PM <b>SILVER SNEAKERS</b> Roger					
	1:00 PM - 2:00 PM <b>SILVER SNEAKERS</b> Tim W.		1:00 PM - 2:00 PM <b>SILVER SNEAKERS</b> Tim M.			
			