



**NORTH
GROUP FITNESS SCHEDULE
4455 Sol Press Boulevard
954-545-6650**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
EXPRESS SPIN® 6:15 - 6:45 AM		SPIN® 9:30 - 10:30 AM		EXPRESS SPIN® 6:15 - 6:45 AM		SPIN® 9:15 - 10:15 AM
	FOREVER FIT 9:30 - 10:30 AM	SILVER SNEAKERS® 11:00AM - 12:00PM			BODY SCULPTING 9:15AM - 10:15AM	STEP AEROBICS 10:30 - 11:30 AM
BODY SCULPTING 6:15 - 7:15 PM	STEP AEROBICS 6:15 - 7:15 PM	PILATES 6:15 - 7:15 PM	SPIN® 6:15 - 7:15 PM	H.E.A.T. 6:15 - 7:15 PM	SPIN® 11:00AM-12:00PM	
SPIN® 7:30 - 8:30 PM	YOGA 7:30 - 8:30 PM	H.I.I.T 7:30 - 8:30 PM	YOGA 7:30 - 8:30 PM			

NORTH GROUP FITNESS CLASSES ARE LOCATED INSIDE OF THE RECREATION COMPLEX

**SOUTH
GROUP FITNESS SCHEDULE
1100 Lyons Road
954-545-6688**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
YOGA 9AM - 10AM	SILVER SNEAKERS® 11:00AM - 12:00PM		SCULPT & TONE 9:45 - 10:45 AM			
PILATES 6PM - 7PM	1:00 - 2:00 PM		SILVER SNEAKERS® 1:00-2:00 PM			

SOUTH GROUP FITNESS CLASSES ARE LOCATED INSIDE OF THE COMMUNITY CENTER

NON MEMBER FEES
RESIDENT = \$6
NON-RESIDENT = \$8

SPIN® CLASS FEES (FREE FOR ANNUAL MEMBERS)
\$2 (30 MIN CLASS) OR \$4 (60 MINUTE CLASS) + GUEST PASS FEE FOR NON MEMBERS
FOR UPDATED INFORMATION, PLEASE CALL 954-545-6650 OR 954-545-6688

revised 6/17/2016