

# GROUP FITNESS SCHEDULE



## **NORTH FITNESS CENTER**

Classes located in the Recreation Complex  
4455 Sol Press Boulevard  
954-545-6650

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	<b>Forever Fit</b> 9:45 AM - 10:45 AM				<b>Body Sculpting</b> 11:00 AM - 12:00 PM	<b>Step Aerobics</b> 10:00 AM - 11:00 AM
<b>Body Sculpting</b> 6:15 PM - 7:15 PM	<b>Step Aerobics</b> 6:15 PM - 7:15 PM	<b>Pilates</b> 6:15 PM - 7:15 PM	<b>Kickboxing</b> 6:15 PM - 7:15 PM			
<b>20/20/20</b> 7:30 PM - 8:30 PM	<b>Yogalates</b> 7:30 PM - 8:30 PM	<b>20/20/20</b> 7:30 PM - 8:30 PM				

## **SOUTH FITNESS CENTER**

Classes located in the Community Center  
1100 Lyons Road  
954-545-6670

MONDAY	WEDNESDAY	THURSDAY
<b>Pilates</b> 6:00 PM - 7:00 PM	<b>Stretch &amp; Tone</b> 6:00 PM - 7:00 PM	<b>Forever Fit</b> 9:45 AM - 10:45 AM

All group fitness classes are FREE to fitness center members.

Non-Member Fees:

Resident = \$6.00

Non-Resident = \$8.00

Classes are subject to cancellation without notice.

Additional classes may be offered at both locations by our certified Fitness Specialists.  
For updated class information, please call 954-545-6650 or 954-545-6670.