

# Pinecrest Community Center Schedule

## Weekly Fitness Classes



### MONDAY

#### TOTAL BODY BURN

8:30 a.m. - Liz

#### BARRE HOT

9:30 a.m. - Maru

#### STRENGTH & STRETCH

9:30 a.m. - Hyla

#### BODY SCULPT

10:30 a.m. - Jojo

#### FITNESS PLUS\*

10:30 a.m. - Hyla

#### FOREVER STRONG\*

10:00 a.m. - Salman

#### INTRO TO FOREVER STRONG\*

11:30 a.m. - Salman

#### HIIT TRAINING

7:00p.m.- Cedric

*\*Indicates 55+ Class*

### THURSDAY

#### BARRE HOT

8:00 a.m. - Maru

#### DANCE BEATS

9:00 a.m. - Maru

#### YOGA STRETCH

10:00 a.m. - Mariana

#### STRETCH & WALK\*

9:00 a.m. - Jake

#### FITNESS PLUS\*

9:30 a.m. - Hyla

#### TOTAL BODY BURN

11:00 a.m. - Liz

#### TEEN ATHLETICS

4:30 p.m. - Leo

*\*Indicates 55+ Class*

### TUESDAY

#### BARRE HOT

8:00 a.m. - Maru

#### ZUMBA

9:00 a.m. - Andrea

#### STRETCH & WALK\*

9:00 a.m. - Jake

#### FITNESS PLUS\*

9:30 a.m. - Hyla

#### CAFE CON LECHE

10:00 a.m. - Jojo

#### TOTAL BODY BURN

11:00 a.m. - Liz

#### TEEN ATHLETICS

4:30 p.m. - Leo

*\*Indicates 55+ Class*

### FRIDAY

#### TRUE STRENGTH

8:30 a.m. - Maru

#### STRENGTH & STRETCH

9:30 a.m. - Hyla

#### ZUMBA

9:30 a.m.- Andrea

#### BODY SCULPT

10:30 a.m. - Jojo

### SATURDAY

#### CIRCUIT FUSION

8:30 a.m. - Chris

#### ULTIMATE WORKOUT

9:30 a.m. - Jojo

### SUNDAY

#### YOGA

9:00 a.m. - Baptist Health

#### YOGA

10:30 a.m. - Baptist Health

### WEDNESDAY

#### TOTAL BODY BURN

8:30 a.m. - Liz

#### ZUMBA

9:30 a.m. - Anya

#### STRENGTH & STRETCH

9:30 a.m. - Hyla

#### FITNESS PLUS\*

10:30 a.m. - Hyla

#### BODY SCULPT

10:30 a.m. - Jojo

#### FOREVER STRONG\*

10:00 a.m. - Salman

#### HIIT TRAINING

7:00p.m - Cedric

*\*Indicates 55+ Class*

### MEMBERSHIPS

#### GYM MEMBERSHIP

Resident: \$37.45/month

Non-Resident: \$42.80/month

#### UNLIMITED CLASSES

Resident: \$180/month

Non-Resident: \$210/month

#### INDIVIDUAL FITNESS CLASSES

Member: \$12/class or

\$100/10-class pass

Non-Member: \$14/class or

\$120/10-class pass

Search for Pinecrest Community Center on the MINDBODY app to register for classes. Multi-class pass must be used within three months of purchase.

All participants and patrons using the park facilities and programs agree that the Village of Pinecrest and its officers, agents and employees shall (a) have unrestricted right and license to use their likeness in any broadcast, telecast, video, or photography taken in connection with the use of the property and (b) not be liable for any injuries or loss of property resulting from the use of the property.

## CLASS DESCRIPTIONS

**BODY SCULPT** - This class is a perfect balance of cardio and weight training. It is a unique blend of muscle defining routines that allow students to workout at their own pace while being challenged and having fun! The class uses weights, mats and music to inspire and lift the spirits. All levels are welcome.

**CAFE CON LECHE** - Dancing never tasted so good! A dance workout class that has the best of both worlds - hot Latin rhythms and great American tunes. Burn serious calories with salsa, merengue, hip-hop, disco and more.

**POUND** - Using Ripstix®, lightly weighted drumsticks engineered specifically for exercising, POUND transforms drumming into an incredibly effective way of working out.

**FITNESS PLUS** - This class will help active adults 60+ build balance and improve strength. A variety of fitness equipment will be used to facilitate all aspects of fitness. Enjoy getting stronger and building confidence by performing a variety of functional exercises under the supervision of a certified personal trainer.

**BARRE HOT** - Ballet inspired routine mixed with a combination of Pilates, light weights, dance and functional training exercises, all in one leading you to a dancer's body look. Barre offers amazing results such as increase in strength, improvement in core control and posture, increased flexibility and weight loss.

**BARRE BALANCE** - Burn, define and relax. Strengthen your body with the powerful movements of Barre. Transition into a relaxed stretch and finish your power hour with a calm visualization. This class will help to balance your body and your mind.

**STRENGTH AND STRETCH** - This mat class incorporates strength training and full body stretch routines for active adults. Weights, medicine balls and bands add to the challenge of the workout.

**STRETCH AND WALK** - This class is designed for active adults who want to achieve a higher level of functional fitness with exercises that will improve strength, flexibility and balance. A chair is used for seated or standing support.

**TEEN ATHLETICS** - This is a boot camp style class designed for teenagers 13 +.

### **TOTAL BODY BURN**

Kick your metabolism into high gear with a blast of High Intensity Interval Training (HIIT), resistance, weight, and core strength training. This class is suitable for most individuals, as moves can be modified.

**TRUE STRENGTH** - True Strength provides strength, conditioning, endurance and functional training. It caters to all levels, as modifications are provided.

**ZUMBA** - Join us for a fusion of Latin and international music/dance themes that create a dynamic exciting workout.

### **HIIT TRAINING (HIGH INTENSITY INTERVAL TRAINING)**

HIIT is a form of interval training, a cardiovascular exercise strategy alternating short periods of intense anaerobic exercise with less intense recovery periods.

**FOREVER STRONG** - Perform routines that focus on position, mechanics, mobility, and motor control techniques to optimize your fitness performance. This class requires the use of dumbbells and stretch bands.