

Pinecrest Community Center Schedule

Weekly Fitness Classes



MONDAY

TOTAL BODY BURN

8:30 a.m. - Elissa

FULL BODY TONING

9:30 a.m. - Jerome

STRENGTH & STRETCH

9:30 a.m. - Hyla

BODY SCULPT

10:30 a.m. - Jojo

FITNESS PLUS*

10:30 a.m. - Hyla

YOGA STRETCH

11:30 a.m. - Mariana

FULL BODY TONING

7:00 p.m. - Jerome

TUESDAY

BARRE HOT

8:00 a.m. - Maru

ZUMBA

9:00 a.m. - Andrea

STRETCH & WALK*

9:00 a.m. - Jake

TRX

9:30 a.m. - Alison

FITNESS PLUS*

9:30 a.m. - Hyla

CAFE CON LECHE

10:00 a.m. - Jojo

TOTAL BODY BURN

11:00 a.m. - Elissa

TEEN BOOTCAMP

4:30 p.m. - Leo

WEDNESDAY

TOTAL BODY BURN

8:30 a.m. - Elissa

30/30 TRX & SPIN

8:30 a.m. - Leo

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

FULL BODY TONING

7:00 p.m. - Jerome

THURSDAY

BARRE HOT

8:00 a.m. - Maru

STRETCH & WALK*

9:00 a.m. - Jake

FULL BODY TONING

9:00 a.m. - Jerome

TRX

9:30 a.m. - Alison

FITNESS PLUS*

9:30 a.m. - Hyla

YOGA STRETCH

10:00 a.m. - Mariana

TOTAL BODY BURN

11:00 a.m. - Elissa

TEEN BOOTCAMP

4:30 p.m. - Leo

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

FULL BODY TONING

8:30 a.m. - Jerome

ZUMBA

9:30 a.m. - Glory

SUNDAY

YOGA

9:00 a.m. - Baptist Health

YOGA

10:30 a.m. - Baptist Health

MEMBERSHIPS

GYM MEMBERSHIP

Resident: \$37.45/month

Non-Resident: \$42.80/month

UNLIMITED CLASSES

Resident: \$180/month

Non-Resident: \$220/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.

*Class for 55+

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

TRX - TRX suspension training uses gravity and your body weight to make workouts more challenging. TRX is suitable for many fitness levels, from beginner to advanced. This is a great low-impact workout that improves flexibility and strength with a cardio benefit too. All levels are welcome.

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.

YOGA STRETCH - Awaken and reconnect with your body through the perfect combination of yoga movements and stretching exercises. We will work on mobility, flexibility and range of motion while coordinating movement with breath, ending each class with soothing relaxing poses to get you ready for the day. Whether you are new to yoga or are a season athlete, this class is for you.

FITNESS PLUS - This class will help active adults 55+ 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 - 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.

FULL BODY TONING

Full Body Toning consists of interval training, a cardiovascular exercise strategy alternating short periods of intense anaerobic exercise with less intense recovery periods.

30/30 TRX & SPIN - This class consists of 30 minutes of spinning, followed by 30 minutes of TRX suspension training.