

# Group Fitness

Effective: 7/1/2016

## Miami-Dade County Employee Wellness Center

111 NW 1 Street

Miami, FL 33128

(305) 375-5797

[employeewellnesscenter@miamidade.gov](mailto:employeewellnesscenter@miamidade.gov)

[www.miamidade.gov/wellness/](http://www.miamidade.gov/wellness/)

Paid Class\*

See Fitness Center staff for pricing.

| MON  | TUE  | WED  | THU  | FRI                                       |
|--|--|--|--|---|
| 6:30-7:00<br>Metabolic Meltdown<br><i>Lisa</i> |  | 6:30-7:00<br>Pump and Pedal<br><i>Lisa</i>       |  | 6:30-7:00<br>Power Pilates<br><i>Lisa</i> |
| 7:15-12:00<br>Virtual Fitness                  | 7:30-12:00<br>Virtual Fitness              | 7:15-12:00<br>Virtual Fitness                    | 7:30-12:00<br>Virtual Fitness              | 7:15-12:00<br>Virtual Fitness             |
| 12:30-1:15<br>Pilates<br><i>Lisa</i>           | 12:15-1:00<br>Yoga<br><i>Jahzel</i>        | 12:30-1:15<br>Pilates<br><i>Lisa</i>             | 12:15-1:00<br>Yoga<br><i>Jahzel</i>        |   |
| 1:30-4:45<br>Virtual Fitness                   | 1:30-4:45<br>Virtual Fitness               | 1:30-4:45<br>Virtual Fitness                     | 1:30-4:45<br>Virtual Fitness               | 12:00-4:45<br>Virtual Fitness             |
| 5:00-6:00<br>Zumba<br><i>Andrea</i>            | 5:15-6:00<br>HIIT Training*<br><i>Lisa</i> | 5:00-5:30<br>Cardio Kickboxing<br><i>Quentin</i> | 5:15-6:00<br>HIIT Training*<br><i>Lisa</i> | 5:00-6:00<br>Zumba<br><i>Andrea</i>       |
| 6:15-7:00<br>Indoor Cycle<br><i>Liz</i>        | 6:00-6:45<br>Cycle Beats<br><i>Sandra</i>  | 5:30-6:30<br>Zumba<br><i>Andrea</i>              |  |   |

# Welcome!

Our exercise programs provide our members with professional instruction with safe, fun, and effective workouts.

We offer a variety of classes that focus on cardiovascular, strength, and flexibility training for exercisers of all fitness levels.

The following class descriptions may help you optimize your workout with complete safety.

## Class Policies

1. Please abide by the following class policies. Classes are a group activity. Cooperation ensures an effective, safe, and enjoyable workout for all.
2. All fee based classes must be paid for prior to the beginning of class.
3. Please follow the instructor as closely as you can. Doing your own routine may distract your fellow members as well as your instructor. If you have a condition which may require exercise modifications, please consult your instructor before the class. When participating in any class always exercise at your own pace and intensity.
4. Please be on time. The class begins with the warm up, which is important in decreasing risk of injury. For your safety, do not enter a class if you are more than 10 minutes late.
5. Be considerate of other member's space. Do not crowd a member who has arrived in class before you. Keep conversation to a minimum.
6. Do not enter the classroom before the current class is finished.
7. Weights (hand and ankle) are not allowed during the aerobic section of any class.
8. Athletic shoes must be worn at all classes at all times. Except Yoga and Pilates.
9. All equipment must be returned to its proper storage area at the end of class.
10. Please direct all comments, concerns, & questions to the Fitness Manager.

## Class Descriptions

**Cardio Kickboxing** - Looking to increase your cardio fitness, improve your strength, enhance your coordination and train like a boxer? This class will incorporate boxing movements, cardiovascular exercises and body weight resistance training to give you the total body workout you are looking for all in 30minutes.

**Cycle Beats** - Burn major calories in this challenging class. Cycle to the beat of the music while doing high intensity intervals on a spin bike.

**HIIT Training\* (Fee Based Class)**- High Intensity Interval Training, is a training technique in which you give all-out, 100% effort through quick, intense bursts of exercise, followed by short, sometimes active, recovery periods.

**Indoor Cycling** – All classes are 45 minutes except for classes on Mondays 6:15pm and Fridays 5:15pm which are one hour. This is the ultimate indoor cycling experience! Follow your instructor on a simulated ride through various terrains, while controlling your own resistance level. Race through drills, hills, flats and jumps.

**Metabolic Meltdown** – High intensity circuit training working using strength conditioning designed to make your body more metabolically efficient.

**Outdoor Boot Camp** – This class take participants through a series of alternating muscle toning, strength training and intervals of fat-blasting cardio movements with brief rest intervals in between.

**Pilates** - This class offers a variety of exercises to lengthen, tone and strengthen your physique from head to toe. A typical class will focus on building core strengthen, balance and flexibility.

**Pump and Pedal** – Interval training workout alternating between spinning and weights designed to tone muscles and burn fat.

**Virtual Fitness** - This is an opportunity to come down during non-class times and workout on your own or with co-workers. Use one of our training DVDs or bring one from home. Space is available on a first come, first served basis.

**Yoga** - This class will take participants through a series of poses with modifications for all fitness levels that are designed to promote flexibility and relaxation.

**Zumba®** - A non-intimidating class for all fitness levels that incorporates Latin and international music and dance movements creating a dynamic, exciting and effective fitness system.

*Instructors and classes are subject to change without notice.*

Aquila 