

# Group Fitness

Effective: 07/01/2014

From: 07/01/2014 To: 09/30/2014

## Miami-Dade County Employee Wellness Center

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MON	TUE	WED	THU	FRI
6:30-7:00 Wake Up Call Lisa		6:30-7:00 Wake Up Call Lisa		6:30-7:00 Wake Up Call Lisa
7:15-12:00 Virtual Fitness	6:00-12:00 Virtual Fitness	7:15-12:00 Virtual Fitness	6:00-12:00 Virtual Fitness	7:15-12:00 Virtual Fitness
12:30-1:15 Pilates Lisa	12:15-1:00 Yoga Joaquin	12:30-1:15 Pilates Lisa	12:15-1:00 Yoga Joaquin	
1:30-4:45 Virtual Fitness	1:30-4:45 Virtual Fitness	1:30-4:45 Virtual Fitness	1:30-4:45 Virtual Fitness	12:00-4:45 Virtual Fitness
5:00-6:00 Zumba Andrea	5:15-6:00 Peak Physique* Lisa (In Studio)	5:00-5:30 Core and More Quentin	5:15-6:00 Peak Physique* Lisa (In Gym)	5:15-6:00 Indoor Cycling* Liz
6:15-7:00 Indoor Cycling* Liz	6:00-6:45 Indoor Cycling* Liz	5:30-6:30 Zumba Andrea	5:15-6:00 Yoga Jessica	

\* Paid Class

# 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

**Core and More** - Challenge yourself in this cross-training class with a focus on the mid-section. Get your body and especially your core into great shape with our instructor.

**Indoor Cycling\*** (**Fee Based Class**) - This 45 minute class is a fast-paced, intensely fun cardio workout that caters to all fitness levels as you move through a series of courses - changing body position and flywheel resistance as you go. The non-impact ride will maximize your caloric burn and will really get you moving in a positive, energized atmosphere.

**Peak Physique\*** (**Fee Based Class**) - This five week program was developed exclusively to encourage strength training with focus on proper form, execution, and basic weight training principles in a group environment. Class size is limited to six participants.

**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 strength, balance and flexibility.

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

**Wake Up Call** - Start your day off right with our total body conditioning class. Our fitness instructor will lead you through a 30 minute energizing full body workout to help you get that morning jolt without coffee.

**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 combination of high-energy and motivating music blended with unique moves and easy to follow steps allow the participants to experience fitness in a whole new way. Add some spice and flare to your workout with this Latin-based group exercise class that is fun and easy to do. No dance experience required!

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