

Group Fitness

Miami-Dade County Employee Wellness Center

111 NW 1 Street
Miami, FL 33128

(305) 375-5797

employeewellnesscenter@miamidade.gov

[Click here to sign up online for classes](#)

Paid Class*
See Fitness Center staff for pricing.
Instructors and classes are subject to change without notice.

Effective 10/18/2019

MON	TUE	WED	THU	FRI
6:30-7:00 Metabolic Meltdown <i>Lisa</i>		6:15-7:00 Pump and Pedal <i>Lisa</i>		6:30-7:00 Power Lift <i>Lisa</i>
7:15-11:00 Studio Open	7:30-12:00 Studio Open	7:15-12:00 Studio Open	7:30-12:00 Studio Open	7:15-12:00 Studio Open
12:30-1:15 Pilates <i>Lisa</i>	12:15-1:00 Yoga <i>Jessica</i>	12:30-1:15 Pilates <i>Lisa</i>	12:15-1:00 Yoga <i>Jessica</i>	12:15-1:00 Yoga <i>Jenné</i>
1:30-4:45 Studio Open	1:15-2:00 Silent Disco Bootcamp	1:30-4:45 Studio Open	1:30-4:45 Studio Open	12:00-4:45 Studio Open
5:00-6:00 Zumba® <i>Nathaly</i>	2:00-4:45 Studio Open	5:00-5:30 Circuit Training <i>Quentin</i>	5:15-6:00 20 x 20 <i>Lisa</i>	5:00-6:00 Zumba® <i>Nathaly</i>
	5:15-6:00 S.W.E.A.T. <i>Lisa</i>	5:30-6:30 Zumba® <i>Clementina</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

Circuit Training – Build strength, muscular endurance and cardiovascular endurance in this high energy class. Participants will perform various exercises to complete a full circuit.

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

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.

Power Lift – Get your muscles pumping with our weight lifting class. You'll get a full body workout that will help you gain strength, increase your metabolism and muscle definition.

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

Studio Open – 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.

S.W.E.A.T. – Strength, Willpower, Energy, and Aerobic Training. Increase your strength, stamina and metabolic capacity in this high intensity, mixed modality class.

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. The type of Yoga practiced is Vinyasa.

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

20 x 20 – Join this class for 20 minutes of cardiovascular training and 20 minutes of resistance training and core exercises. Workout your entire body in this cardio and strength class.

Silent Disco Bootcamp – This class is an opportunity to listen to your own music while torching hundreds of calories from a full-body, boot-camp style workout. It is a mixture of weight training, cardio, and functional training. Bringing your own headphones is required! (BYOH)

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