



MIAMI-DADE COUNTY EMPLOYEE WELLNESS CENTER

111 NW 1 Street, Miami, FL 33128
Director: Raquel Dopico / Phone: (305) 375-5797
E-mail: employeewellnesscenter@miamidade.gov

GROUP CLASS SCHEDULE

January – April 2014

CLOSED WEEKENDS & COUNTY HOLIDAYS

	MON	TUES	WED	THURS	FRI
AM	Wake Up Call 6:30 - 7:00 am <i>Lisa</i>	Virtual Fitness 5:30 am - 12:00 pm <i>TV Based</i>	Wake Up Call 6:30 - 7:00 am <i>Lisa</i>	Virtual Fitness 5:30 am - 12:00 pm <i>TV Based</i>	Wake Up Call 6:30 - 7:00 am <i>Lisa</i>
	Virtual Fitness 7:30 - 12:00 pm <i>TV Based</i>		Virtual Fitness 7:30 - 12:00 pm <i>TV Based</i>		Virtual Fitness 7:30 - 12:00 pm <i>TV Based</i>
NOON	Pilates 12:30 - 1:15 pm <i>Lisa</i>	Yoga 12:15 - 1:00 pm <i>Joaquin</i>	Pilates 12:30 - 1:15 pm <i>Lisa</i>	Yoga 12:15 - 1:00 pm <i>Joaquin</i>	Virtual Fitness 12:15 - 4:30 pm <i>TV Based</i>
	Virtual Fitness 1:30 - 4:30 pm <i>TV Based</i>	Virtual Fitness 1:30 - 4:30 pm <i>TV Based</i>	Virtual Fitness 1:30 - 4:30 pm <i>TV Based</i>	Virtual Fitness 1:30 - 4:30 pm <i>TV Based</i>	
PM	Zumba 5:00 - 6:00 pm <i>Andrea</i>	Peak Physique* 5:00 - 5:45 pm <i>Lisa / (GX Studio)</i>	Core & More 5:00 - 5:30 pm <i>Lisa</i>	Peak Physique* 5:00 - 5:45 pm <i>Lisa / (Gym)</i>	Indoor Cycle* \$3 fee 5:15 - 6:00 pm <i>Liz</i>
	Indoor Cycle* \$3 fee 6:15 - 7:00 pm <i>Liz</i>	Indoor Cycle* \$3 fee 6:00 - 6:45 pm <i>Dan</i>	Zumba 5:30 - 6:30 pm <i>Andrea</i>	Yoga 5:15 - 6:00 pm <i>Jessica</i>	

All class sign ups take place online. Go to www.dadewellnessclasses.com to sign up now!

*** Fee applies**

Miami-Dade County Employee Wellness Center

Group Class Descriptions and Pricing

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Core & More / **TOTAL BODY CONDITIONING**

Maximum 20 people / Included in membership

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 Cycle / **CARDIO**

Maximum 15 people / *Fee: \$3 Per Class

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.

Note: *If you are a first time spinner, please arrive at least 5 minutes prior to the start of class to notify the instructor.*

Zumba / **CARDIO**

Maximum 30 people / Included in membership

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!

Wake Up Call / **TOTAL BODY CONDITIONING**

Maximum 15 people / Included in membership

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.

Pilates / **FLEXIBILITY & CORE STRENGTHENING**

Maximum 15 people / Included in membership

This 45 minute core-based class will improve your flexibility, stabilization, posture and strength. A unique system of stretching and strengthening exercises developed by Joseph H. Pilates.

Yoga / **FLEXIBILITY & CORE STRENGTHENING**

Maximum 20 people / Included in membership

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

Peak Physique / **STRENGTH BASED WEIGHT MANAGEMENT**

Maximum 6 people / **Specialty Program Rates apply – see staff for information**

This class developed exclusively to encourage strength training will focus on proper form, execution, and basic weight training principles in a group environment. Class size is limited to promote education as well as group dynamic.

Virtual Fitness / **CARDIO & STRENGTHENING**

This is an opportunity to come down during non class times and workout with co-workers. Bring your own or use one of our training DVDs.

** Space is available on a first come, first served basis.

PLEASE NOTE SCHEDULE EFFECTIVE MONDAY, JANUARY 6, 2014

Schedule and instructors are subject to change. Participants must adhere to all club conditions, rules and regulations and always keep payment record in order to file refund-related claims. Participants are also responsible to inquire with a physician about special health conditions before signing up for class.