

Group Fitness

Miami-Dade County Employee Wellness Center

111 NW 1 Street
Miami, FL 33128

(305) 375-5797

employeeewellnesscenter@miamidade.gov

MON	TUE	WED	THU	FRI
Core Conditioning Moise 6:30 – 7:00am In studio only				Circuit Training Q/Jose 6:30 – 7:00am In studio only
12:00-1:00pm Mindful Body Sculpt Bridget Virtual	12:30-1:15pm Core Conditioning Moise In studio only	1:00pm-2:00pm Pilates Kelly Virtual	12:15-1:00pm HIIT Circuit Quentin In studio only	12:00-1:00pm Yoga Bridget Virtual
	Zumba Mary 5:00 – 6:00pm In studio/Virtual	Bootcamp Udell 5:00pm-5:45pm In studio only	Zumba Clementina 5:00 – 6:00 pm In studio/Virtual	

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. 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.
3. 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.
4. Be considerate of other member's space. Do not crowd a member who has arrived in class before you. Keep conversation to a minimum.
5. Do not enter the classroom before the current class is finished.
6. Weights (hand and ankle) are not allowed during the aerobic section of any class.
7. Athletic shoes must be worn at all classes at all times. Except Yoga and Pilates.
8. All equipment must be returned to its proper storage area at the end of class.
9. Please direct all comments, concerns, & questions to the Fitness Manager.

Class Descriptions

Core Conditioning

Walk taller, feel stronger! This class is aimed to build a strong core while improving posture through performing a variation of exercises that strengthen the trunk muscles and increase flexibility. The instructor may include a variety of equipment in this great workout.

Mindful BODY SCULPT

A great way to define, sculpt and build lean muscle. Focuses on isolation exercises with free weights and body weight. All-Levels

Circuit Training

Interval Circuit Training is a high intensity workout presenting intervals of strength, cardio, and core work with short rest intervals. Members will see fitness improvements while working at their own level/intensity.

Bootcamp

This class is the ultimate opportunity to get in shape in a short period of time! A 45 minute, full body intense workout designed to push your body to the limit and increase stamina, strength and power.

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.

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

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.

***In Studio Only – Instructors will use equipment within the Studio that will make it difficult for virtual participants to participate.**

