

2026 Fitness Schedule

PASS OPTIONS

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:45am			Tai Chi James R=\$10 NR=\$11 60 minutes		Tai Chi James R=\$10 NR=\$11 60 minutes	
9:00am	Total Conditioning Bouba R = \$8 NR = \$9 60 minutes	Cardio HIIT Beth R= \$8 NR= \$9 60 minutes	Total Conditioning Bouba R= \$8 NR= \$9 60 minutes	Cardio HIIT Beth R= \$8 NR= \$9 60 minutes	Total Conditioning Angel R = \$8 NR = \$9 60 minutes	Yoga Spencer R = \$10 NR= \$11 90 minutes
10:00am		Virtual Tai Chi Microsoft Teams James 45 minutes		Virtual Tai Chi Microsoft Teams James 45 minutes		
10:30am	Chair Strength Ana R=\$8 NR=\$9 60 minutes	Yoga Ana R = \$10 NR = \$11 90 minutes	Chair Yoga Ana R=\$8 NR=\$9 60 minutes	Yoga Ana R = \$10 NR = \$11 90 minutes		
11:00am					Chair Strength Celeste R=\$8 NR=\$9 45 minutes	
11:15am						Chair Yoga Spencer R=\$8 NR=\$9 60 minutes
	<p>Passes are valid for 1 year from time of purchase. <u>Please bring utility bill or lease agreement for proof of Fort Lauderdale residency.</u></p> <p>R and NR= Resident of Fort Lauderdale/ Non-Resident of Fort Lauderdale. Fitness classes/Instructors are subject to change without notice.</p>			<p>Revised: Jan, 2026</p>	<p>* Payment Info</p>	

Wellness 1
10/20 classes

- Total Conditioning
- Chair Yoga
- Cardio HIIT
- Chair Strength

Resident- \$70/\$125
Non-R-\$80/\$145

Wellness 2
10/20 classes

- Yoga
- Tai Chi
- Virtual Tai Chi

Resident \$90/\$165
Non-R-\$100/\$185

All fitness classes are included in the pass options below.

6 Month Pass
Resident \$300
Non-Resident \$350

Annual Pass
Residents \$400
Non-Resident \$450

- ◆ **Total Conditioning** is a fun exercise combining cardiovascular conditioning with strength training using weights and music. (*Yoga mat required*)
- ◆ **Chair Yoga** includes gently stretching, strengthening and relaxing the body. It provides the benefits of a regular Hatha Yoga class from the comfort of a chair. This class is perfect for those with mobility limitations or time constraints.
- ◆ **Chair Strength** uses safe & effective easy to follow movements that are designed to improve cardiovascular and muscular movement. Hand-held weights and elastic tubing are used to improve muscular strength and increase range of movement & flexibility, all with the support of a chair.
- ◆ **Tai Chi** an ancient Chinese tradition that, today, is practiced as a graceful form of exercise. It involves a series of movements performed in a slow, focused manner and accompanied by deep breathing.
- ◆ **Yoga** systematically works through the entire body to strengthen & increase flexibility, while bringing harmony & balance to mind, body and spirit. This class consists of seated, lying down & standing postures and includes techniques in "control of breath," meditation and visualizations. (*Yoga mat required.*)
- ◆ **Cardio HIIT** is a fast pace cardiovascular conditioning class using weights and music

Passes are valid for 1 year from time of purchase.

Please bring utility bill or lease agreement for proof of Fort Lauderdale residency.

Fitness classes/Instructors are subject to change without notice.

**3% fee charged to all Debit/Credit Card transactions (Visa, Mastercard, and AMEX)
No Cash or Checks accepted**