

# 2026 Fitness Schedule

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

### PASS OPTIONS

#### Wellness 1

- Total Conditioning
  - Chair Yoga
  - Cardio HIIT
  - Chair Strength
- 10/20 Class Pass  
Resident \$70/\$125  
Non-R \$80/\$145

#### Wellness 2

- Yoga
  - Tai Chi
  - Virtual Tai Chi
- 10/20 Class Pass  
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

Resident \$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

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**3% fee charged to all debit/credit card transactions (Visa, Mastercard, and American Express).  
No cash or checks accepted.**

If you would like this publication in an alternative format or if you need reasonable accommodation to participate in these programs please contact (954) 828-7275 or parksinfo@fortlauderdale.gov at least seven business days prior to the program.