



HEALTHY LIVING GROUP CLASS SCHEDULE HOLLYWOOD



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
M O R N I N G	8:30-9:20 a.m. Yoga Studio East Liz	5:45-6:35 a.m. Total Body Studio West Jack	8:30-9:20 a.m. Silver Sneakers Classic Studio East Lucio	5:45-6:35 a.m. Total Body Studio West Jack	8:30-9:20 a.m. Silver Sneakers Classic Studio East Lucio	7:00-7:50 a.m. Boot Camp at the Beach Harry Berry Beach on Azalea Terrace Janelle	8:30-9:20 a.m. Yoga Studio East Rotating
	8:30-9:20 a.m. Zumba Gym Flavio	6:30-7:20 a.m. Yoga Studio East Karen	8:30-9:20 a.m. Cardio Kickboxing Studio West Vee	6:30-7:20 a.m. Yoga Studio East Liz	8:30-9:20 a.m. Total Body Studio West Ildi	8:30-9:20 a.m. Silver Sneakers Classic Studio East Jack	9:30-10:20 a.m. STRONG by Zumba Gym Vee
	9:30-10:20 a.m. Total Body Gold Studio East Lucio	7:30-8:20 a.m. Chair Yoga Studio East Karen	8:30-9:20 a.m. Pound Gym Liz	7:30-8:20 a.m. Chair Yoga Studio East Lucio	8:30-9:20 a.m. Zumba Gym Flavia	8:30-9:20 a.m. Tabata Studio West Debbie	10:30-11:20 a.m. Yoga Studio East Stacy
	9:30-10:20 a.m. Total Body Studio West Joe	8:30-9:20 a.m. Chair Yoga Studio East Rafael	9:30-10:20 a.m. Silver Sneakers Cardio Fit Studio East Lucio	8:30-9:20 a.m. Chair Yoga Studio East Rafael	9:30-10:20 a.m. Cardio Strength Gold Studio East Liz	9:15-9:30 a.m. Stretching Studio West Debbie	
	10:30-11:20 a.m. Zumba Studio West Louise	8:30-9:20 a.m. Cardio Funk Strength Studio West Flavia	9:30-10:20 a.m. Total Body Studio West Vee	8:30-9:20 a.m. Zumba Studio West Flavia	9:30-10:20 a.m. 15/15/15 Burn Studio West Ildi	9:30-10:20 a.m. Cardio Funk Strength Studio West Flavia	
	11:30-12:20 p.m. Silver Sneakers Studio East Lucio	9:30-10:20 a.m. Tai Chi Studio East Rafael	10:30-11:20 a.m. Cardio Strength Gold Studio West Debbie	9:30-10:20 a.m. Qigong Tai Chi Studio East Marion	10:30-11:20 a.m. Cardio Funk Strength Gold Studio West Liz	10:30-11:20 a.m. Yoga Studio East Stacy	
		9:30-10:20 a.m. Boot Camp Gym Dana	11:30-12:20 p.m. Silver Sneakers Circuit Studio East Lucio	9:30-10:20 a.m. Boot Camp Gym Dana	11:30-12:20 p.m. Silver Sneakers Circuit Studio East Liz		
		10:30-11:20 a.m. Yoga Studio East Stacy		10:30-11:20 a.m. Yoga Studio East Stacy			
		10:30-11:20 a.m. Cardio Funk Strength Gold Studio West Vee		10:30-11:20 a.m. Cardio Funk Strength Gold Studio West Vee			
		11:30-12:20 p.m. Yoga Studio East Stacy		11:30-12:20 p.m. Yoga Studio East Stacy			
A F T E R N O O N & E V E N I N G		2:30-3:20 p.m. Silver Sneakers Classic Studio East Lucio		2:30-3:20 p.m. Silver Sneakers Classic Studio East Karen			
	5:45-6:35 p.m. Y-Fit (ages 4-7) Studio East Vee	5:55-6:25 p.m. Total Body Studio West Debbie	6:00-6:50 p.m. Cardio Kickboxing Cardio West Vee	5:30-6:20 p.m. Pound Studio West Liz	6:00-6:50 p.m. Zumba Studio West Flavia		
	6:00-6:50 p.m. Zumba Gym Flavia	6:15-7:50 p.m. Zumba Kids (ages 5-12) Studio East Flavia	6:15-7:50 p.m. Y-Fit/Kids Yoga (ages 5-12) Studio East Liz	6:15-7:50 p.m. Kids Bootcamps (ages 5-12) Studio East Flavia			
	6:30-7:20 p.m. Y-Fit (ages 8-12) Studio East Vee	6:30-7:20 p.m. Yoga at the Beach Harry Berry Park on Azalea Terrace Stacy	7:30-8:20 p.m. Zumba Studio West Louise	6:30-7:20 p.m. Zumba Toning Studio West Vee			
	6:30-7:20 p.m. Step & Strength Studio West Ildi	6:30-7:20 p.m. 15/15/15 Burn Studio West Ildi	7:30-8:20 p.m. Power Yoga Studio East Liz	7:30-8:20 p.m. STRONG by Zumba Studio West Vee			
7:30-8:20 p.m. Total Body Studio West Liz	7:30-8:20 p.m. Tabata Studio West Joe						
7:30-8:20 p.m. Yoga Studio East Stacy	8:15-8:30 p.m. Stretching Studio West Joe						

KIDS

ACTIVE OLDER ADULTS

ON THE BEACH