



Mariners Wellness Center

EFFECTIVE 5-10-2010 GROUP EXERCISE SCHEDULE

NO CHALLENGE - NO CHANGE - 2010

Operation Hours: Mon thru Fri 6am to 9pm - Sat and Sun 7am to 5pm

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:00 AM		BOTTOMS UP! Alex		GENTLE STRETCH Jill			
8:00 AM	BOOT CAMP INTERVAL Barbara	20/20 EXPRESS Jill	5-5-5 SPIN COMBO Barbara	YOGA "MELT DOWN" Jill	TOTAL SPIN Janet	CARDIO BLAST Barbara/Diane	
9:00 AM	"Fun"damentally SPIN Janet	PILATES/YOGA Jill	TOTAL SPIN Janet	GET RIPPED!! Jill	TOTAL BODY BLAST Alex	SPIN Larry	SPIN Larry
10:00 AM	FIT FOR LIFE Larry		FIT FOR LIFE Larry			FIT FOR LIFE Larry	
12:30 PM		CIRCUIT EXPRESS Corey		CIRCUIT EXPRESS Corey			
4:15 PM		YOGA & SCULPT Doris	TOTAL BODY BLAST Doris	SPIN Doris			
5:15 PM	STEP & SCULPT Diane	5-5-5 Barbara	INTENSE MOVES INTERVAL STEP Diane	HATHA YOGA & STRETCH Barbara			
6:15 PM	SPIN Larry	DANCE FUSION Kristine	SPIN Larry	DANCE FUSION Kristine			ROOM CAPACITY 20

Members of all fitness levels are welcome. Instructors may use substitutes as needed.

www.baptisthealth.net/marinerswellness.

You may call us at (305) 434 – 3700 with any questions.

**** Sign-up required for these classes****



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Group Exercise Class Descriptions

CLASSES ARE APPROXIMATELY 45-50 MINUTES UNLESS OTHERWISE NOTED.

- Boot Camp Interval:** A high-intensity cardiovascular workout blending elements of boxing, martial arts and cardio power sculpting. Prepare to be challenged!
- Bottoms Up!:** A total body workout exercising the “bottom” and working on “up”. This class mainly focuses on legs, hips, and glutes. A fat burner!
- Cardio Blast:** Start your weekend with this fun aerobic, step, and sculpt fitness class designed to work your entire body!
- Circuit Express:** This intense 30-minute class is led by one of our exercise physiologists in the weight machine area. Quick machine changes make it fun and interesting while providing a great strength and cardio workout.
- Dance Fusion:** Basic dance moves are incorporated with fitness steps to create choreographed mixes of Latin, Country, and Hip Hop rhythms. A fun workout!
- Fit For Life:** Play smart and stay young. This class consists of strength, balance, and agility in a circuit-style format...designed for safety and flexibility.
- “Fun” damentally Spin:** This Spin class is offered to specific client populations such Teens, 55+, weight conscious, as well as athletes. Learn how Spinning can benefit any training program or fitness regime. Guaranteed to have fun!
- Gentle Stretch:** Stretch exercises taught to condition and relax all muscle groups and designed to improve flexibility, strength, and breathing.
- Get Ripped:** This is cardiovascular training using military-like drills that afford strength and endurance.
- Intense Moves/Interval Step:** A step routine of intervals, toning, and short intense cardio moves.
- Pilates/Yoga:** Practice various forms of pilates and yoga. Stretch with union of the mind and body which leads to strength, vitality and peace of mind.
- Step Combo and Sculpt:** A Step cardio cross training class which includes a variety of sculpting and strengthening moves.
- Spin:** A 45-minute class that uses our special spinning bikes to provide a fantastic cardiovascular workout. Great if you are looking for a high-intensity, low-impact class.
- Total Body Blast:** Increase your strength and endurance while improving your cardiovascular fitness with the imaginative, complete workout. You will redesign your body!
- Yoga “Melt Down”:** Not your traditional yoga, yet this class is a fusion of “power flow,” and overall muscle endurance, balance and isometric moves.
- 5-5-5:** This class offers a little bit of everything! It's a variety workout involving 5 minutes each of Spin or Jump Rope Training, Step, and Sculpt ending with abdominals and a stretch.
- 15-15-15 Spin Combo:** ** NEW** An intense Cardio class involving 15 minutes of Endurance Spin, 15 minutes of Upper Body Sculpt, and 15 minutes of Interval Spin.
- 20 /20 Express:** Prepare yourself for 20 minutes of Spin, followed by 20 Minutes of Abs and followed by a delightful cool down. Energizing and refreshing!

Group Exercise Room Capacity - 20

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