



Mariners Wellness Center

EFFECTIVE 10-5-2009 GROUP EXERCISE SCHEDULE

CENTER YOURSELF IN WELLNESS!

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	EARLY BIRDS Barbara	ABSOLUTELY ABBS Alex	MUSCLE MASS BLAST Barbara	BEGINNER YOGA Jill			
8:00 AM	BOOT CAMP & ABBS Barbara	BANDS, BARS, & BALLS Jill	**SPIN** Janet	**SPIN** Jill	**SPIN** Janet	CARDIO BLAST Barbara/Diane	
9:00 AM	MAT PILATES & STRETCH Barbara	STEP, JUMP, & PUMP Jill	YOGA & STRETCH Barbara	TOTAL "CORE" PILATES Jill	**5-5-5** Barbara	**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	**SPIN** Doris	STEP & SCULPT Doris	TOTAL BODY SCULPT Doris	**15-15-15** Doris	YOLATES SCULPT Doris		
5:15 PM	STEP & SCULPT Diane	YOGA Jill	STEP COMBO Diane	YOGA & STRETCH Barbara			
6:15 PM	**SPIN** Janet	**SPIN** Larry		**SPIN** Larry			

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.

Absolutely Abbs: 45 minutes of core, low back, obliques and other forms of stability training.

Bands, Balls, & Bars: Involves 15 minutes each of interval circuit training utilizing weighted bars, Swiss and medicine balls, along with a variety of stretch bands.

Boot Camp: A high-impact cardiovascular workout blending elements of boxing, martial arts and power sculpting into a 55-minute exercise routine.

Cardio Blast: A 50 minute blast of a class consisting of high-low, step, cardio combo, sculpt, and a focused cool-down.

Early Birds: An early morning sculpting workout which gets your day started right, from top to bottom.

Fit For Life: Play smart and stay young. This class consists of cardio, strength, flexibility, balance and agility in a circuit-style format.

Muscle Mass Blast: A 45 minute rotation class of 1 to 2 minutes of cardio, followed by 5-10 minutes of sculpt ...a challenge for the heart!

Pilates: A mat exercise workout that has evolved from techniques created by Joseph H. Pilates over 70 years ago, focusing on core and flexibility.

Step, Jump, & Pump: A power packed class using innovative steps, circuit training, and strengthening moves..

Step & Sculpt: A cross-training interval workout combining step aerobics for cardiovascular conditioning; plus upper body, lower body, and core strengthening and toning.

Step Combo: Step cardio training with a variety of sculpting and strengthening techniques.

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. **Sign up at front desk, 24-hour notice is REQUIRED for cancellations, 2 no shows=1 week no spin**

Total "Core" Pilates: Three different workouts incorporating resistance and circle bands and weights into a pilates class. Each segment uses a variety of well transitioned targeted exercises.

Yoga: Meditation in motion assuming different forms and practice of Hatha Yoga. Postures range from basic to complex providing a challenging and invigorating workout for the mind and body. Refreshing and energizing.

5-5-5: A workout involving 5 minutes each of Spin, Step, and Sculpt ending with abdominals and a stretch. This class offers a little bit of everything!

Sign up at front desk, 24-hour notice is REQUIRED for cancellations, 2 no shows=1 week no spin

15-15-15: A 45 minute class that incorporates 15 minutes of Spin, 15 minutes of Cardio Combo, and 15 minutes of Sculpting. **Sign up at front desk, 24-hour notice is REQUIRED for cancellations, 2 no shows=1 week no spin**

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.

Group Exercise Room Capacity - 20

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