Fitness Center Room G139 Hours (305) 237-2838
Monday- Thursday 7:00am-8:00pm
Friday 7:00am- 7:00pm Saturday 9:00am-3:00pm

Wellness Center Room G110 (305) 237-2838
Monday and Wednesday 12:00-6:00pm, Friday 12:00-2:00 pm
Tuesday 12:30 - 6:30pm, Thursday 12:30-7:00pm

**Zumba**
- **Rm G110**
- **Thursday**
  - 5:00pm-6:00pm
  - With Martha

**Yoga**
- **With Marlene**
  - **Monday**
    - 5:00pm-6:00pm
    - **Rm G208**
- **YogaLates**
  - **With Hailey**
    - **Tuesday**
      - 5:00pm-6:00pm
      - **Rm G208**

**Cardio Kickboxing & Self Defense**
- **With Danny**
  - **Wednesday**
    - 1:00pm-2:00pm
    - **Rm G208**

**Steps & Abs**
- **With Tania**
  - **Friday**
    - 1:00pm-2:00pm
    - **Rm G208**

**Cafe-Con-Leche**
- **With Jorge**
  - **Wednesday**
    - 5:00pm-6:00pm
    - **Rm G208**

**The Zone**
- **With Eli**
  - **Friday**
    - 5:00pm-6:00pm
    - **Rm G110**

**Fat Flush**
- **With Eli**
  - **Tuesday**
    - 1:00pm-2:00pm
    - **Rm G208**

**PhyisoTone**
- **Tuesday**
  - 1:00pm-2:00pm
  - With Cookie
  - **Rm G208**
Looking for something different in your workout? Then this is your class that will increase your metabolism and give you results! This class involves a trainer directed approach lead incorporating exercises that will guide you into your heart rate training zone. Exercises will be combined involving lunges, squats, steps, dumbbells and resistant bands. Participants will be encouraged to wear a heart rate monitor that will be provided.

Fitness Boot Camp—(Mod-High)
Do not head home without burning over 700 calories. This is the hottest fitness craze that instantly delivers results you can measure by getting back into your “skinny” jeans. However, get ready to sweat and work hard for it.

Cardiovascular Classes

Cardio Kickboxing—(Mod-High) This class combines upper and lower body boxing techniques into a complete full body, cardiovascular, high calorie burning workout.

Zumba—(Low-High) A fusion of Latin and International music - dance themes that create a dynamic, exciting, effective fitness system! The routines feature aerobic/fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body.

Fat Flush—(Low-Mod) A circuit workout that alternates between low to moderate intensity aerobic exercises. This is a class that incorporates various exercises at an interval pace. This class will prepare you for the next level class and will involve both cardiovascular and strength benefits.

Steps and Abs—(Low-Mod) This class incorporates stepping up and down on a step box to the beat of the music. Tone up your legs while burning calories in what still remains as a popular group exercise class. The class concludes with training the abdominals and lower back.

Muscle Strengthening Classes

Physique Training—(Low-Mod) Come strengthen and tone your body with this intense muscle building routine. From your legs to your shoulders, nothing will be missed. Exercises range from weight lifting to plyometric exercises. Exercises will be conducted utilizing power bars, resistance bands, dumbbells, step benches and stability balls. This is a complete body toning circuit class that will make you sweat!

Services Provided:
We offer a variety of free services to all employees and students. Make your appointment for the following services: At both centers you can get a fitness assessment, blood pressure reading, target heart rate, BMI calculation, body fat measurement, equipment orientation and custom exercise prescription. The Wellness Center offers all of the above as well as a state-of-the-art complete health and fitness computerized assessments and metabolic testing.

The Zone—(Mod-High)
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Stress Reduction, Flexibility and Core Improvement

Yoga—(Low) This class combines a sequence of shortly held poses. You will learn about proper physical alignment and breathing and the benefits of individual poses. Stretch, strengthen and tone while learning to focus your mind. Yoga can help you achieve better mental and physical health.

Yogalates—(Low-Mod) This class combines the movements of yoga and Pilates in one. Benefits will include enhancing your flexibility, stress reduction while improving overall body and mid region (Core) strength.

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