

Jensen Beach Group Exercise Class Schedule

Martin Health and Fitness at the Treasure Coast Medical Pavilion
3496 N.W. Federal Hwy., Jensen Beach, FL 34957
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Feb 2015



MARTIN HEALTH SYSTEM
Health & Fitness Centers

Time	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
5:30 a.m.		Indoor Cycling Donna					
6:30 a.m.			Indoor Cycling Sandy				
8 a.m.	Gentle Stretch Karyn C.	Body Sculpt Fran	Pilates Karyn C.	TBC Fran	Indoor Cycling Sandy		
9:15 a.m.	Zumba Karyn C.	Low-Impact Aerobics Carole	Dance n' Core Lexxus	NEW FORMAT! CardioCore Maria	Zumba Linda	Pilates Sandy	9:30 a.m. Indoor Cycling Sandy
10:30 a.m.	Pilates Karyn C.	Pilates (with foam roller) Ute	NEW FORMAT! Tai Chi for Beginners Nancy H.	Stretch n' Strengthen Maria	Pilates Lexxus	Cardio Sculpt Sandy	10:45 a.m. Pilates Sandy
11:45 a.m.	SilverSneakers® Classic Mary D	Golden Freestyle Dance n' Tone Provi	SilverSneakers® Classic Justin	SilverSneakers® Yoga Maria	SilverSneakers® Cardio Lexxus		
1 p.m.	SilverSneakers® Classic Mary D		SilverSneakers® Classic Justin		Brain Fitness Ute		
2:15 p.m.		Punch Out Parkinson's Colt (\$)		Punch Out Parkinson's Colt (\$)			
4:30 p.m.	Cycle TRX® Kelly	Yoga Connie		Yoga Connie			
5:40 p.m.	Boot Camp Kelly	Body Blast Interval Connie	Boot Camp Doreen	Pilates (with foam roller) Ute			
6:45 p.m.	Yoga Doreen		Yoga Doreen				

For all fitness information or to fill out the instructor survey, please visit martinhealth.org/fitness

Policies:

- ✓ **Indoor Cycling Class:** Please arrive 15 minutes early to set up your bike and to reserve your spot in the class (14 bikes).
- ✓ All classes are 60 minutes in length unless otherwise noted.
- ✓ Please arrive on time for all classes to sign-in and allow for proper warm-up time and less disruption.
- ✓ All classes are on a first-come, first-served basis.
- ✓ Bring a friend for \$8 with the member discount! Non-members can work out for only \$12 a day.
- ✓ **Schedule and instructors subject to change without notice.**

Class Descriptions

Indoor Cycling: This class involves cruising over different "terrains" while riding a fixed-gear stationary bicycle. This class is for people of all ages, and students can adjust resistance accordingly. Please arrive at least 15 min. early to reserve your bike and to get set up.

Cycle TRX®: Nothing will give you more of a full body workout than this class! Interval exercises on the TRX straps for 30 min., then rev your heart rate burning up the calories with 30 minutes of cycling.

Total Body: This class will focus on lower and upper body strengthening that will help you increase strength and flexibility.

Body Blast Interval: A full body sculpting exercise class with intervals of cardio using resist-a-ball, medicine ball, weights and step.

Low-Impact Aerobics: A general movement class where participants keep one foot on the floor at all times. Patterns and sequencing are designed for basic and intermediate movements only. Body sculpting exercises included.

Total Body Conditioning (TBC): This class offers a variety of effective formats incorporating free weights, weighted bars, bands and step aerobics with an emphasis on cross-training techniques. Classes are taught in an interval format.

Body Sculpt: All fitness levels can reshape their bodies with this heart-pumping, strength training workout. The weight training is followed by a full body stretch segment.

Boot Camp: Come get a killer workout with elements of functional movement that will have your whole body feeling the burn.

Zumba: This fusion of Latin and international music and dance themes creates a dynamic, exciting and effective workout! This class is based on the principle that a workout should be fun and easy to do. It combines aerobic interval training with a combination of movements to fast- and slow-beat rhythms to tone and sculpt the body.

Dance n' Core: This class is designed to increase strength and get you moving with awesome dance steps. Be prepared to have fun, sweat and build muscle tone.

Gentle Stretch: Focus on elongating the muscles using basic yoga poses in a gentle flow to get the whole body feeling long and relaxed.

Yoga: welcomes all fitness levels. Yoga postures known as asanas are dynamically flowed together to strengthen, stretch and relax. Levels I and II combine allowing you to make the class as challenging as you want.

Piloga: A blend of Yoga and Pilates aimed at strengthening, lengthening and relaxing the body.

CardioCore: This class is everything you want and more – feel the burn with the cardio warm up and weights then core exercises and stretching.

Pilates: A mat class with mind and body exercises that focuses on building core abdominal and back strength. Dynamic, three-dimensional movements will balance strength with flexibility and will improve posture and circulation. **With Props/Foam Roller:** adds optional light weights or the foam roller to various stretches and core movements.

Tai Chi for Energy: Tai Chi is a gentle ancient exercise now practiced for health. Tai Chi for Energy is a program that incorporates more vigorous movements to efficient increase and circulate your own internal energy or chi.

Stretch & Strengthen: Yoga type stretching to lengthen, increase flexibility and balance adding Pilates for toning and strengthening the abdominals and back. Light weights and balls will be also be used.

Brain Fitness: Think faster, focus better and remember more, in this fun and social class designed to keep your brain fit.

Golden Freestyle Dance n' Tone: Join Provi in this spicy dance class including hits from the past and dance moves you're sure to remember. This class incorporates a chair if you need one and toning exercises. Freestyle dancing is sure to put a smile on your face and get you moving.

SilverSneakers®

Classic: Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles and a SilverSneakers ball are offered for resistance. A chair is available if needed for seated or standing support.

Yoga: SilverSneakers Yoga will move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of seated and standing postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity.

Cardio: Get up and go with an aerobics class that's safe, heart-healthy and gentle on the joints. The workout includes easy-to-follow low-impact movement, and upper-body strength, abdominal conditioning, stretching and relaxation exercises designed to energize your active lifestyle.

Specialty Classes: Please sign up and pay at the front desk before the class.

Punch Out Parkinson's: This class incorporates boxing with other exercises to improve strength, balance, mobility and quality of life for people with Parkinson's disease.

Cost: Members \$9/single; \$65/unlimited – Non-members: \$11/single; \$80 unlimited

Health & Fitness Center Hours			
Sun	Mon – Thurs	Fri	Sat
8am - 3pm	5am - 9pm	5am - 8pm	7am - 5pm
Closed on New Years' Day, Easter Sunday, Independence Day, Thanksgiving Day and Christmas Day. Please see postings at each center for other closings or special hours.			

Child Care Hours			
Mon & Wed	Tues & Thurs	Fri	Sat
8:30–11:45 am 4:15–7:15 pm	8:30–11:45am 4:15–7:15pm	8:30–11:45am	8:30–11:45am
Child care is free for members while they exercise. Please contact the center where you exercise to learn about child age requirements, supplies you must bring, registration and other guidelines. Child care staff is trained in CPR. Children must be one year of age or older.			