# Classes are designed for ALL levels of exercisers. We use a variety of equipment including: dumbbells, resistant bands, balls, and more.

**Boot Camp Cardio/HIIT Training:**  Boot camp Cardio is a combination of strength, cardio, endurance, and core movement patterns that help develop overall cardio strength and endurance.Each week is different, building on previous classes. Workouts include anything from Cross Fit strength moves to running drills (if you don't know how to do something, we teach you or modify). Finishes with static stretching. This class is quick paced and can increase metabolism for 12-24 hours after a workout!

Monday 7:30-8:30am 1111 Training Room

Tuesday 3:30-4:40pm 1111 Training Room

**Standing Pilates:** Dynamic full body conditioning: stretching and strengthening. Particularly effective to help gain flexibility while developing strength and stability of the torso, lumbar spine, hip and pelvic muscles. (Similar to Barre Class).Includes use of light hand weights and bands.

1st, 4th,and (when applicable) 5th Wednesday of Each Month 3:45-4:45pm 1297 Cafeteria

**Circuit Strength Training:** Focus is on simple résistance exercises and functional movement patterns in order to increase overall strength, muscular and cardio endurance and muscular/body balance. (Personal training in a group setting). Bands, dumbbells and balls are used.

2nd and 4th Wednesday of Each Month 3:45-4:45pm 1297 Cafeteria

**Dynamic Stretch Fusion:** A full-body stretch class designed to improve and maintain overall joint mobility and range of motion, flexibility and balance. Incorporates elements of Yoga, Pilates, SMFR (self-myofascial release) and Active Isolation stretching techniques. Relaxing and effective.

Thursday 1:30-2:30 1111 Training Room (No class here 3rd Thursday Each Month)

**Pick your Pleasure:** Anything goes in this class based on participant's needs. We work on joint flexibility and range of motion, personal workout design, body weight circuit training, static and dynamic stretching, SMFR, nutrition and more! Class guided by participant requests. No equipment is used.

3rd Thursday of Each Month 1:30-2:30pm 3001 Pompano Facility Cafeteria

**Attire Suggestions:**

* Circuit Strength and Boot camp Cardio: Workout clothing and sneakers strongly suggested.
* Pilates and Stretch: Comfortable clothing, no belt, socks, shoes not required.
* Please bring water and towel. Mats and equipment provided.