



Group Fitness Schedule Zachariah Family Wellness Pavilion

4725 N Federal Highway
Fort Lauderdale, FL
33308

We are committed to your safety
Use the provided disinfectant bottles to sanitize the equipment after use

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
ZFWP Hours	530am - 730pm	530am - 730pm	530am - 730pm	530am - 730pm	530am - 630pm	700am - 300pm	7:00am-300pm
Class Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00 AM			Bootcamp Conditioning (Teriann)				
7:00 AM		Spinning® (Suzette)		Spinning® (Suzette)			
8:00 AM	Total Body Conditioning (Teriann)	Core Strength & Stretch (Suzette)		Strictly Strength (Suzette)		Spinning® (Suzette)	
8:30 AM			\$\$ Gentle Yoga (75 min) (Kate)				
9:00 AM	Strength and Conditioning (Teriann)				Pilates Fusion (Teriann)		
9:30 AM		Cardio & Strength (Teriann)		Cardio & Strength (Teriann)		\$\$ Yoga (Kate)	
10:00 AM	SilverSneakers® Circuit (Teriann)		SilverSneakers® Stability (Cheryl)		SilverSneakers® Stability (Teriann)		
10:30 AM		Pilates Fusion® (Teriann)		\$\$Yogalates® (Tina)			
11:00 AM	SilverSneakers® Yoga (Tina)		SilverSneakers® Yoga (Cheryl)		SilverSneakers® Yoga (Cheryl)		
11:30 AM		SilverSneakers® Stability (Shelly)		SilverSneakers® Stability (Teriann)	\$\$ Paid Classes \$7 members / \$ 15 guests Fitness class card of 10: \$45 members / \$99 guests Please arrive on time Group classes are 50 min unless otherwise specified		
12:00 PM							
1:00 PM		SilverSneakers® Classic (Shelly)		SilverSneakers® Classic (Shelly)			
2:00 PM	SilverSneakers® Yoga (Kate)		SilverSneakers® Yoga (Kate)				
4:00 PM							
6:15 PM	Spinning® (Angelia)		Spinning® (Angelia)				

Please call (954) 542-7950 to make a reservation for our classes
To join as a member online go to www.holy-cross.com/wellness