



4725 N Federal Highway
Fort Lauderdale, FL 33308

Group Fitness Schedule

Zachariah Family Wellness Pavilion



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				
7:00 AM		Spinning®		Spinning®			
8:00 AM	Total Body Conditioning	Core Strength & Stretch		Strictly Strength		Spinning®	
8:30 AM			\$\$ Gentle Yoga (75 min)				
9:00 AM	Strength and Conditioning				Core Strength & Stretch		
9:30 AM		Cardio & Strength		Cardio & Strength		\$\$ Yoga	
10:00 AM	SilverSneakers® Circuit		SilverSneakers® Stability		SilverSneakers® Stability		
10:30 AM		\$\$Pilates®		\$\$Pilates®			
11:00 AM	SilverSneakers® Yoga		SilverSneakers® Yoga		SilverSneakers® Yoga		
11:30 AM		SilverSneakers® Stability		SilverSneakers® Stability	<p>\$\$ Paid Classes \$5 members / \$ 10 guests Fitness class card of 10: \$35 members / \$80 guests</p> <p>Please arrive on time Group classes are 50 min unless</p>		
12:00 PM							
1:00 PM		SilverSneakers® Classic		SilverSneakers® Classic			
2:00 PM	SilverSneakers® Yoga		SilverSneakers® Yoga				
4:00 PM		Strictly Strength					
6:15 PM	Spinning®		Spinning®				

Please call (954) 542-7950 to make a reservation for our classes