

PROGRAMS - ADULTS/SENIORS

Class	Age	Session	Day	Dates	Time	Fee
Balance Training	Adults/Seniors	01	1st & 3rd WED	Oct 3rd—Dec 14th	10:45AM—11:30AM	FREE
Body Sculpting Pilates	Adults/Seniors	01	THURS	Aug 30th—Dec 20th	9AM—10AM	\$5/\$6
Barre Sculpt	Adults/Seniors	01	MON	Aug 31st—Dec 17th	9:30AM—10:30AM	\$5/\$6
Barre Sculpt	Adults/Seniors	01	FRI	Aug 31st—Dec 21st	9:30AM—10:30AM	\$5/\$6
Total Body Burn	Adults/Seniors	01	MON	Aug 31st—Dec 17th	10:30AM—11:30AM	\$5/\$6
Total Body Burn	Adults/Seniors	01	FRI	Aug 31st—Dec 21st	10:30AM—11:30AM	\$5/\$6
Chair Yoga	Adults/Seniors	01	MON	Aug 27th—Dec 17th	8:15AM—9:15AM	\$5/\$6
Chair Yoga	Adults/Seniors	01	THURS	Aug 30th—Dec 20th	11AM—12PM	\$5/\$6
Chair Yoga	Adults/Seniors	01	SAT	Sept 1st—Dec 22	8:30AM—9:30AM	\$5/\$6
Drawing & Painting	Adults/Seniors	01	SAT	Sept 1st—Oct 13th	2:30PM—4:30PM	\$175/\$210*
Drawing & Painting	Adults/Seniors	02	SAT	Nov 17th—Dec 22nd	2:30PM—4:30PM	\$162/\$195*
Hatha Yoga	Adults/Seniors	01	FRI	Aug 31st—Dec 21st	9AM—10AM	\$5/\$6
Japanese Style Ju-Jitsu & Eskrima	Adults/Seniors	01	WED SAT	Monthly	6PM—8PM 9AM—12PM	\$125/\$150*
Parkinson's Support Group	Adults/Seniors	01	2nd & 4th WED	Oct 3rd—Dec 14th	10:45AM—11:30AM	FREE
Pickleball	Adults/Seniors	01	TUES	Aug 28th—Dec 18th	9AM—12PM	\$3/\$4*
Pickleball	Adults/Seniors	01	WED	Aug 29th—Dec 19th	9AM—12PM	\$3/\$4*
Pickleball	Adults/Seniors	01	FRI	Aug 31st—Dec 21st	9AM—12PM	\$3/\$4*
Pickleball	Adults/Seniors	01	SAT	Sept 1st—Dec 22nd	10:30AM—1:30PM	\$3/\$4*
Pilates	Adults/Seniors	01	WED	Aug 29th—Dec 19th	8:30AM—9:30AM	\$5/\$6
Pound Fitness	Adults/Seniors	01	WED	Aug 29th—Dec 19th	9:30AM—10:30AM	\$5/\$6
Pound Fitness	Adults/Seniors	01	SUN	Sept 2nd—Dec 23rd	9:30AM—10:30AM 10:30AM—11:30AM	\$5/\$6
Socrates Café	Adults/Seniors	01	TUES	Aug 28th—Dec 18th	10:00AM—11:30AM	FREE
Stretch & Relaxation—By Baptist Health	Adults/Seniors	01	WED	Aug 29th—Dec 19th	12:00PM—1:00PM	FREE
Tai-Chi	Adults/Seniors	01	THURS	Aug 30—Oct 11th	10:00AM—11:00AM	FREE
Vinyasa Yoga	Adults/Seniors	01	THURS	Aug 30th—Dec 20th	10AM—11AM	\$5/\$6
Women's Self Defense	Adults/Seniors	01	SAT	Sept 1st—Oct 13th	8AM—9AM	\$135/\$162*
Women's Self Defense	Adults/Seniors	02	SAT	Nov 17th—Dec 22nd	8AM—9AM	\$150/\$180*
Yin Yoga	Adults/Seniors	01	MON	Aug 27th—Dec 17th	9:15AM—10:15AM	\$5/\$6
Yin Yoga	Adults/Seniors	01	WED	Aug 29th—Dec 19th	9:30AM—10:30AM	\$5/\$6
Zumba	Adults/Seniors	01	MON	Aug 27th—Dec 17th	7PM—8PM	\$5/\$6
Zumba	Adults/Seniors	01	THURS	Aug 30th—Dec 20th	7PM—8PM	\$5/\$6
Zumba Gold	Adults/Seniors	01	MON	Aug 27th—Dec 17th	10:30AM—11:30AM	\$5/\$6
Zumba Gold	Adults/Seniors	01	FRI	Aug 31st—Dec 21st	10:30AM—11:30AM	\$5/\$6

Balance Training

Almost everything that we do requires balance, but it remains one of the most under-rated aspects of our well-being. Please join Florida Movement Therapy Center as we get you going with exercises designed to help improve your strength and balance. Sponsored by the National Parkinson's Foundation.
NO CLASS 8/27, 10/24 & 10/31

Body Sculpting Pilates

A combination of traditional sculpting methods using free weights, resistance bands, and your own body. Designed to provide you with a total body workout in one short hour. Good for all levels.
NO CLASS 10/25, 11/1 & 11/22

Barre Sculpt

A workout designed to tone and sculpt the entire body, utilizing light weights, balls, and mats. This ballet-inspired workout is low impact, but challenging - no dance experience needed and all levels welcomed.
NO CLASS 9/3, 10/8, 10/22, 10/26, 10/29, 11/2 & 11/23

Total Body Burn

This calorie-blasting class combines intervals of cardio and strength work, with a heavy emphasis on the core. Low and high impact options provided.
NO CLASS 8/27, 9/3, 10/8, 10/22, 10/26, 10/29, 11/2 & 11/23

Chair Yoga

Have fun and move to the music through a variety of exercises designed to increase muscle strength, range of movement, and activities for daily living. Hand-held weights, elastic tubing with handles, and a SilverSneakers ball are offered for resistance.
NO CLASS 9/3, 10/8, 10/22, 10/25, 10/27, 10/29, 11/1, 11/3, 11/5 & 11/22

Drawing & Painting Class

These classes are designed to discover, improve and master your own artistic abilities. Whether you are simply having fun, finding relief from a stressful day or expanding your artistic skills. Our classes range from beginner to advanced arts. *\$30 set up and supply fee due to instructor first day of class.

Hatha Yoga

An invigorating and accessible class designed to encourage students to strengthen their bodies and stretch their minds. This is an all levels class, appropriate for beginners and those new to yoga.
NO CLASS 10/26, 11/2 & 11/23

Japanese Style Ju-Jitsu & Eskrima

Learn to kick, punch, throw, sweep, grapple, and successfully defend yourself against stick and knife attacks. Blended classes make this the perfect activity for the family. *Uniform included for all newly-registered students.
NO CLASS 10/24, 10/27, 10/31 & 11/3

Parkinson's Support Group

A Parkinson Support Group will be facilitated by PT Therapist Jodi Gray from Florida Movement Therapy Centers every 2nd & 4th Wednesdays of the month.
NO CLASS 10/24 & 10/31

Pickleball

Pickleball is a racquet sport that combines elements of badminton, tennis, and table tennis. Players use solid paddles to hit a whiffle ball over a net. *Yearly fee: Residents- \$45 / Non-Residents- \$54
NO CLASS 9/19, 10/23, 10/24, 10/26, 10/27, 10/30, 10/31, 11/2, 11/3, 11/6, 11/21 & 11/23

Pilates

Pilates is a body conditioning routine that may help build flexibility, muscle strength, and endurance in the legs, abdominals, arms, hips, and back. It puts emphasis on spinal and pelvic alignment, breathing, developing a strong core or center, improving coordination and balance.
NO CLASS 10/24 & 10/31

Pound Fitness

Channel your inner Rockstar with this full-body cardio jam session, inspired by drumming. Using Ripstix, lightly weighted exercise drumsticks, torch calories and tone while rocking out to your favorite music.
NO CLASS 10/24, 10/28, 10/31, 11/4 & 11/11

Socrates Cafe

Socratizing: the idea that we learn more when we question with others. Lead by volunteers, this group will get your mind working and give you the opportunity for open dialogue.
NO CLASS 10/23, 10/30 & 11/6

Stretch & Relaxation - By Baptist Health

Kick off your shoes and spend the morning with Baptist Health as they take you on the most magical journey of bliss.
NO CLASS 10/24 & 10/31

Tai-Chi

Discover the benefits of this ancient form of martial arts which will improve balance, agility, strength, and coordination. This unique class will help you flow through your everyday life. Sponsored by the National Parkinson's Foundation.
NO CLASS 10/25, 11/1, & 11/22

Vinyasa Yoga

Vinyasa is a unique style of yoga in which postures are linked in a continuous, challenging, and creative flow that combines strength and flexibility, while toning the body and clearing the mind.
NO CLASS 10/25, 11/1 & 11/22

Women's Self Defense

Learn awareness strategies and basic effective techniques that can be used under stress to keep yourself safe when nobody else is around to protect you. *Class t-shirt included for all newly-registered students.
NO CLASS 10/27, 11/3 & 11/24

Yin Yoga

Yin Yoga focuses and addresses tightness, toxin buildup in the joints and connective tissues through poses that are equally challenging for the mind and body.
NO CLASS 9/3, 10/8, 10/22, 10/24, 10/29, 10/31 & 11/5

Zumba

Zumba is a unique dance-fitness class that incorporates Latin and international music and dance movements, which create a dynamic, exciting, and effective fitness system. The cardio-based dance movements are designed for participants of any fitness level, background, or age.
NO CLASS 9/3, 10/8, 10/22, 10/25, 10/29, 11/1, 11/5 & 11/22

Zumba Gold

Easy-to-follow program that lets you move to the beat at your own speed. It's an invigorating dance-fitness class that feels fresh and, most of all, exhilarating. Classes provide modified, low impact moves for active older adults.
NO CLASS 9/3, 10/8, 10/22, 10/26, 10/29, 11/2, 11/5 & 11/23