Membership Fees

Type	Daily	Monthly	Auto Withdraw	Annual
Adult	$5	$33	$30	$300
ST/SR	$4	$30	$27	$270
Youth	$3	$25	$22	$220
	12 Month Contract		$19.95	

Racquetball Punch Pass	20$

-Prices are subject to change without notice

-We accept cash, check or credit card for payment

-Use of both locations: Community Fitness & Wellness Center and Humana Fitness & Wellness Center

- We are a Silver Sneakers & Prime provider!

Personal Training Rates/Packages

Minutes	1 Session	3 Sessions	6 Sessions	12 Sessions	20 Sessions	30 Sessions
25	$25	$75	$150	$300	$450	$637
50	$35	$105	$210	$420	$630	$892
50 (partner)	$50	$150	$300	$600	$900	$1,275

Purchases of 20 & 30 Sessions are discounted
Must be paid in full at time of purchase
Packages are renewable
Must be used in a 12-month period or unused sessions are forfeited
Sessions are documented and deducted as completed. Discrepancies must be brought to the attention of the Recreation Manager

Civic Center Hours

Humana Fitness & Wellness

Monday-Thursday 6a-9pm
Friday 6a-8pm
Sat & Sun 7:30a-6pm

Holiday Hours

No Classes on City Holidays

Community Fitness & Wellness Center - Closed

Humana Fitness Wellness Center - 7am – 6p

Community Center Hours

Community Fitness & Wellness

Monday-Fri 6a-8p
Sat & Sun 8a-2p

Humana
FITNESS AND WELLNESS CENTER

Community Fitness & Wellness Center

PORT ST. LUCIE PARKS & RECREATION

ENJOY TWO LOCATIONS WITH YOUR MEMBERSHIP

- CLASS SCHEDULE, DESCRIPTION & LOCATION
- MEMBERSHIP FEES
- PERSONAL TRAINING RATES & PACKAGES

Community Center
2195 SE Airoso Blvd.
Port St. Lucie, FL 34984
(772) 873-6432

Civic Center
9221 SE Civic Center Place
Port St. Lucie, FL 34952
(772) 204-7101 or (772) 807-4499

Humana Fitness & Wellness Class Schedule

MONDAY	TUESDAY	WED	THURS	FRIDAY	SAT
6-6:50A CARDIO RESISTANCE TRAINING	8:10-9:00A STRENGTH & BALANCE	6-6:50A WARRIOR BLAST	8:10-9:00A BARRE FITNESS	6-6:50A WARRIOR BLAST	9-9:50A BOOT CAMP
9-9:50A FUNCTIONAL TRAINING	10:10-11:00A ZUMBA	9-9:50A FUNCTIONAL TRAINING	9:10-10:00A ADVANCED FUNCTIONAL TRAINING	9-9:50A FUNCTIONAL TRAINING	10:15-11:05A CYCLING
10-10:50A SLOW FLOW YOGA	11:10-12:00AM ZUMBA CHOREO	9-9:50A GENTLE YOGA	10:10-11:00A ZUMBA GOLD	10-10:50A SENIOR FIT	**SUN**
10-10:50A ZUMBA GOLD	5:30-6:20P BODY SCULPT	10-10:50A CHAIR YOGA	5:30-6:20P BODY SCULPT	11-11:50A GENTLE YO-GA	9:30-10:00A TABATA WARRIOR CIRCUIT
11-11:50A SENIOR FIT	5:30-6:45P YOGA	11-11:50A SENIOR FIT	5:30-6:45P YOGA	12-12:50P ZUMBA	10:05-10:50A BUTTS & GUTS
12-12:50P SENIOR FIT	6:30-7:20P CYCLING	12-12:50P ZUMBA	6:30-7:20P CYCLING	12-12:50 CHAIR YOGA	11-11:50A CYCLING
1-1:50 CHAIR YOGA		5:30-6:20P CYCLING		6-6:50P ZUMBA	
5:30-6:20P CYCLING		6:30-7:20P BUTTS & GUTTS			
6:30-7:20P BOOT CAMP					
6:30-7:20P ZUMBA					

Community Fitness & Wellness Center Class Schedule

MONDAY	TUESDAY	WED	THURSDAY	FRIDAY
7:00AM GAIT-KEEPERS WALK	9-9:50A SENIOR FIT	7:00AM GAIT-KEEPERS WALK	6:30-7:20A WAKE UP WORKOUT	7:00AM GAIT-KEEPERS WALK
9-9:50A FIT FOREVER	10-10:50A SENIOR FIT	9-9:50A CHAIR YOGA STRETCH	9-9:50A FIT FOREVER	8-8:50A SENIOR FIT
10-10:50A CARDIO CIRCUIT	11-11:50A GENTLE YOGA	10-10:50A ZUMBA GOLD	10-10:50A CARDIO CIRCUIT	9-9:50A ZUMBA
11-11:50A CHAIR YOGA	11-11:50A CHAIR YOGA STRETCH	11-11:50A GENTLE YOGA	11-11:50A RELAXATION YOGA	10-10:50A ZUMBA GOLD
11-11:50A BODY SCULPT	12-12:50P CORE AND MORE	5:30-6:30P RELAXATION YO-GA		11-11:50A CHAIR YOGA

Class Descriptions

For members 10 years of age or older with a parent or over 15 years of age without adult accompaniment

Cycling Cycling is an aerobic exercise that takes place on a specially-designed stationary bike. As you pedal, motivating music plays and you are taken through a visualization of an outdoor cycle workout. Cycling burns serious calories, and this intense class is sure to get your heart pumping.

Strength and Balance This is a total body workout; exercise sessions for real life. Frequently changing the variety of exercises and hand-held equipment improves not only strength and balance, but flexibility and coordination. Each exercise adds to the effectiveness of other body movements.

Body Sculpt Take your workout to the next level. This class is designed to strengthen and sculpt every major muscle group utilizing hand weights and/or barbells and other equipment.

Boot Camp This fast-paced, high-intensity workout will incorporate muscle toning and weight-lifting exercises through explosive fat-burning cardio movements. Also included are various exercises for each muscle group utilizing different equipment. Some classes may meet outside.

Senior Fitness Designed to increase muscular strength, range of motion, coordination, agility, and balance to improve the participant's daily living. Music is used to enhance the format and create an upbeat and positive experience. This class is primarily for seniors, but it is also a great class for anyone just starting out.

Butts & Guts A blast for your lower half and core. This 50–minute conditioning class uses weights, body resistance and mat work to tone and shape your hips, thighs, butt and abs. Great for every fitness level.

Zumba/Zumba GOLD Are you ready to party yourself into shape? That's exactly what the Zumba program is all about. It's an exhilarating, effective, easy-to-follow, Latin-inspired, calorie-burning dance fitness-party that's moving millions of people toward joy and health. ***No jumping required in Zumba Gold, lower impact for seniors.***

Functional Training/Advanced Functional Training Improve overall strength, coordination, range of motion and flexibility. Each exercise increases the body's ability to move efficiently as an integrated unit; this enhanced functioning will reduce injuries and improve performance. Functional training significantly increases core stabilization, which gives us better control of our bodies through different planes and movements. ***Advanced Functional Training is a higher intensity version of Functional Training.***

Power Yoga/Gentle Yoga & YOGA Free yourself from stress, clear your mind, and stretch and tone your body. Learn different breathing techniques, postures, and meditations that will improve your health and unlock your potential. Balance your body and mind with a motivating approach and relaxing atmosphere.

Slow Flow Vinyasa Yoga A slower paced class, focused on safe alignment principles. Experience the joy of matching breathe to motion while building strength and fluidity in your body. Perfect for prenatal, new students or seasoned students who want to remember.

Relaxation Yoga Focus, breathe, become centered, relieve stress and tension while you practice skills for coping with everyday stress.

Chair Yoga Free yourself from stress, clear your mind, and stretch and tone your body. Learn different breathing techniques, postures, and meditations that will improve your health and unlock your potential. Balance your body and mind with a motivating approach and relaxing atmosphere all while sitting in a chair.

Warrior Blast A boot camp style class that includes body weight exercise, Tabata training, high intensity interval training, and suspension training, performed in a controlled environment with various pieces of equipment. This class will help you develop core, strength flexibility and overall endurance.

Fit Ball A full body workout with a fit ball, for all fitness levels.

Core & More Main focus on strengthening the core muscles, abdominals, glutes and thighs and will include some fat burning cardio!

Senior Yoga Stretch Silver Sneakers 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 Resistance Training This class alternates intervals of beginner choreographed cardio with strength training exercises for a full- body workout that will keep you coming back for more.

weight loss toning strength endurance rehab

Classes and/or instructors are subject to change without notice - All classes are free with membership and are 50 minutes in length