

HUMANA FITNESS AND WELLNESS CENTER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00 - 6:50A CARDIO RESISTANCE TRAINING		6:00 - 6:50A WARRIOR BLAST		6:00 - 6:50A WARRIOR BLAST		
	8:10-9:00A STRENGTH & BALANCE		8:10-9:00A BARRE FITNESS			
9-9:50A FUNCTIONAL TRAINING		9-9:50A CHAIR YOGA	9:10-10:00A ADVANCED FUNCTIONAL TRAINING	9-9:50A FUNCTIONAL TRAINING	9:00 - 9:50A BOOT CAMP	9:30-10:00A TABATA WARRIOR CIRCUIT
		9-9:50A FUNCTIONAL TRAINING				
10-10:50A SLOW FLOW VINYASA YOGA	10:10-11:00A ZUMBA	10-10:50A GENTLE YOGA		10-10:50A SENIOR FIT	10:15-11:05A CYCLING	10:05-10:50A BUTTS & GUTS
10-10:50A ZUMBA GOLD			10:10-11:00A ZUMBA GOLD			
11-11:50A SENIOR FIT	11:10-12:00P ZUMBA CHOREO	11-11:50A SENIOR FIT		11-11:50A GENTLE YOGA		11-11:50A CYCLING
12-12:50P SENIOR FIT		12-12:50P ZUMBA		12-12:50P ZUMBA		
1:00-1:50P CHAIR YOGA				12-12:50P CHAIR YOGA		
5:30-6:20P CYCLING	5:30-6:20P BODY SCULPT	5:30-6:20P CYCLING	5:30-6:20P BODY SCULPT			
	5:30 - 6:45P YOGA		5:30 - 6:45P YOGA			
6:30 - 7:20P BOOT CAMP	6:30-7:20P CYCLING	6:30-7:20P BUTTS & GUTS	6:30-7:20P CYCLING	6:00-6:50P ZUMBA		
6:30-7:20P ZUMBA						

	HIGH INTENSITY ↓↓↓ LOW INTENSITY

NEW CLASSES, NEW INSTRUCTORS AND ALL PART OF YOUR MEMBERSHIP!! \*Subject to change without notice\* 772-204-7101 Updated 08/26/2016

# Community Fitness Wellness Center

772 873 - 6432

Monday	Tuesday	Wednesday	Thursday	Friday
			6:30am-7:20am Wake Up Workout	8:00-8:50AM Senior Fitness
9:00-9:50AM Senior Fit Forever	9:00-9:50AM Senior Fitness	9:00-9:50AM SilverSneakers Yoga Stretch	9:00-9:50AM Senior Fit Forever	9:00-9:50AM Zumba
10:00-10:50AM Cardio Circuit	10:00-10:50AM Senior Fitness	10:00-10:50AM Zumba Gold	10:00-10:50AM Cardio Circuit	10:00-10:50AM Zumba Gold
11:00-11:50AM Body Sculpt	11:00-11:50AM Gentle Yoga	11:00-11:50AM Gentle Yoga	11:00-11:50AM Relaxation Yoga	11:00-11:50AM Chair Yoga
	12:30-1:20PM Core & More	5:30-6:30PM Relaxation Yoga		

**Low Intensity**  
 Chair Yoga  
 Yoga Stretch  
 Gentle Yoga  
 Relaxation Yoga  
 Use of chairs in chair  
 yoga, stretching & yoga  
 basics

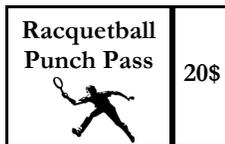
**Middle Intensity**  
 Senior Fitness  
 Full body workout  
 with or without light  
 weights, use of chair

**Mid/High Intensity**  
 Wake Up Workout  
 Body Sculpt  
 Core & More  
 Some floor work &  
 full body exercises

**High Intensity**  
 Zumba Gold  
 Cardio Circuit  
 Zumba  
 Constant movement  
 No Chairs

## Membership Fees

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



- 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		6-6:50A WARRIOR BLAST		6-6:50A WARRIOR BLAST	
	8:10-9:00A STRENGTH & BALANCE				
9-9:50A FUNCTIONAL TRAINING	9:10-10:00A ADVANCED FUNCTIONAL TRAINING	9-9:50A FUNCTIONAL TRAINING		9-9:50A FUNCTIONAL TRAINING	9-9:50A BOOT CAMP
		9-9:50A CHAIR YOGA			
10-10:50A SLOW FLOW YOGA		10-10:50A GENTLE YOGA		10-10:50A SENIOR FIT	10:15-11:05A CYCLING
10-10:50A ZUMBA GOLD	10:10-11:00A ZUMBA		10:10-11:00A ZUMBA GOLD		
					<b>SUN</b>
11-11:50A SENIOR FIT	11:10-12:00AM ZUMBA CHOREO	11-11:50A SENIOR FIT		11-11:50A GENTLE YO- GA	9:30-10:00A TABATA WARRIOR CIRCUIT
12-12:50P SENIOR FIT		12-12:50P ZUMBA		12-12:50P ZUMBA	10:05-10:50A BUTTS & GUTS
1-1:50 CHAIR YOGA	5:30-6:20P BODY SCULPT		5:30-6:20P BODY SCULPT	12-12:50 CHAIR YOGA	11-11:50A CYCLING
5:30-6:20P CYCLING	5:30-6:45P YOGA	5:30-6:20P CYCLING	5:30-6:45P YOGA		
6:30-7:20P BOOT CAMP	6:30-7:20P CYCLING		6:30-7:20P CYCLING	6-6:50P ZUMBA	
6:30-7:20P ZUMBA		6:30-7:20P BUTTS & GUTTS			

# Community Fitness & Wellness Center

MONDAY	TUESDAY	WED	THURSDAY	FRIDAY
9-9:50A FIT FOREVER	9-9:50A SENIOR FIT	9-9:50A SENIOR YOGA STRETCH	6:30-7:20A WAKE UP WORKOUT	9-9:50A SENIOR FIT
10-10:50A CARDIO CIRCUIT	10-10:50A SENIOR FIT	10-10:50A ZUMBA GOLD	9-9:50A FIT FOREVER	10-10:50A ZUMBA GOLD
11:30-12:20P BODY SCULPT	11-11:50A GENTLE YOGA	11-11:50A GENTLE YOGA	10-10:50A CARDIO CIRCUIT	11-11:50A CHAIR YOGA STRETCH
	12:30-1:20P CORE AND MORE	5:30-6:30P RELAXATION YO- GA	11:00A-11:50P RELAXATION 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*