

**Coordinator**

Suzie Flournoy  
[susie@loggerheadfitness.com](mailto:susie@loggerheadfitness.com)

# LOGGERHEAD FITNESS CLASS SCHEDULE

**Hours of Operation:**

Mon-Thu - 5:30am to 9:00pm  
Fri - 5:30am to 8:00pm  
Sat & Sun - 7:30am to 6:00pm

*Effective January 11 -2010*

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Morning	<b><u>Cardio Intervals</u></b> 8:00AM - 8:45AM Suzie	<b><u>Group Cycle</u></b> 7:00AM - 8:00AM Julie	<b><u>Bridge Babes</u></b> 8:00AM - 9:00AM Jacey	<b><u>Totally Pumped</u></b> 8:00AM - 9:00AM Jacey	<b><u>Group Cycle</u></b> 7:00 AM - 8:00 AM Suzie	<b><u>Group Cycle</u></b> 8:00AM - 9:00AM CJ	<b><u>Totally Pumped</u></b> 9:00 AM - 10:00AM Susan
	<b><u>Abs &amp; Core</u></b> 8:45AM - 9:00AM Suzie	<b><u>Totally Pumped</u></b> 8:00AM - 9:00AM Suzie	<b><u>Group Cycle</u></b> 9:00AM - 10:00AM Jacey	<b><u>Step Intervals</u></b> 9:00AM - 10:00AM Jacey	<b><u>Cardio Pump</u></b> 8:00AM - 9:00AM Brenda	<b><u>Cardio Pump</u></b> 9:00AM - 10:00AM CJ	<b><u>Yoga</u></b> 10:00 AM - 11:00AM Melissa
	<b><u>Group Training</u></b> 9:00 AM-10:00AM Suzie	<b><u>Step Blast</u></b> 9:00AM - 10:00AM Suzie	<b><u>Belly Dancing</u></b> 10:00AM - 11:00AM Dawn	<b><u>Yoga (Beg)</u></b> 10:00AM - 11:00AM Melissa	<b><u>Group Cycle</u></b> 9:00AM - 10:00AM Suzie	<b><u>Yoga (Int.)</u></b> 10:15AM - 11:30AM CJ	<b><u>Yoga</u></b> 11:00 AM - 12:00PM Melissa
	<b><u>Zumba</u></b> 11:15AM - 12:15PM Lisa H	<b><u>Yoga (Int.)</u></b> 10:00AM - 11:15AM Nicole	<b><u>Mat Pilates</u></b> 11:00AM - 12:00PM Carolyn	<b><u>Yoga (Beg Int)</u></b> 11:15AM - 12:15PM Marika	<b><u>Mat Pilates</u></b> 10:15AM - 11:15AM Lisa H		
Afternoon		<b><u>Yoga Beg 1</u></b> 11:30AM - 12:30PM Marika			<b><u>Zumba</u></b> 11:15AM - 12:15PM Lisa H		
	<b><u>Silver Sneakers</u></b> 12:30PM - 1:30PM Arleda		<b><u>Silver Sneakers</u></b> 12:30PM - 1:30PM Luckie		<b><u>Silver Sneakers</u></b> 12:30AM - 1:30PM Lisa H		
			<b><u>Yoga (Int)</u></b> 4:15 PM - 5:15PM Melissa		<b><u>Yoga (Beg)</u></b> 4:00 PM - 5:00PM Nicole/Luckie		<b><u>Meditation</u></b> 4:00-5:00 Nicole/Hugh
Evening	<b><u>Slow Yoga Flow</u></b> 4:15PM - 5:30 PM Darlene	<b><u>Cardio/Sculpt</u></b> 5:30PM - 6:30PM CJ	<b><u>Mat Pilates</u></b> 5:30PM - 6:30PM Angelique	<b><u>Totally Pumped</u></b> 5:30PM - 6:30PM Brenda	<b><u>Yoga (Int-Adv)</u></b> 5:15 PM - 6:30 PM Nicole		
	<b><u>Totally Pumped</u></b> 5:30PM - 6:30PM Jacey	<b><u>Group Cycle</u></b> 6:30PM - 7:30PM CJ	<b><u>Stretch Connection</u></b> 6:30PM - 7:30PM Cheryl A Fee For Class				

901 Donald Ross Road, Juno Beach, FL 33408 - (561) 625.3011



\*\* Additional fees \*\*  
Group Cycle: \$5/Class or \$20/month unlimited





# Group Fitness Class Descriptions



**Cardio Pump** - Cardio Pump will keep various muscle groups fresh and fit, while variety in the workout routine helps to prevent overuse injuries. Your fitness level will become well-rounded because you can work on flexibility, strength, and cardiovascular endurance simultaneously.

**Cardio Intervals** - An aerobic workout without using the step. Intervals of cardio with upper and lower body exercises, which also include abdominals and core strength training at the end.

**Step Intervals** - Try an intense workout that alternates intervals with step choreography and muscle conditioning.

**Mat Pilates** - This class stretches and strengthens the entire dynamic core using controlled movements. Pilates is famous for promoting flexibility, strength, circulation, and skeletal alignment (posture).

**Pilates & Props** - Challenge the core like never before. Sure to add a new dimension to Pilates training by providing you with improved core strength, balance, coordination, and flexibility.

**Totally Pumped** - Designed to give you functional results! Using various, high repetitions movements every major muscle group gets attention. This is a strength based training class; it will get you "pumped" and stronger!

**Cardio/Ball/Glide** - This class utilizes cardio-fitness, stability ball training, and use of the gliding discs, all in one class for an all over workout you won't forget.

**Gliding** - This class incorporates body sculpting, balance, flexibility, core, and cardio using two gliding discs. Progressive movements strengthen and lengthen muscles and allows for a more optimal range of motion.

**Yoga** - Learn how to de-stress and breathe while developing the mind-body connection. More than just physical postures, this transformational practice will relax your body, calm your mind and strengthen your spirit from within.

**Abs/Core** - This class is designed for all levels and abilities. You will develop strong abdominals (stomach) while using more than 45 muscles in the lower back and hip complex. All of your strength and power comes from your "core".

**Group Cycle** - A great cardio workout from the beginner to the advanced. A high-energy class that uses RPM's to get the heart pumping. Go ahead and burn over 500 calories in 60 minutes!!  
Reservations required!!

**Group Training** - A great class consisting of timed intervals. This is a fun class that changes every week and is good for all levels.

**Belly Dancing** - This class provides you with an exciting alternative to the standard aerobics class. Get a great work out while you dance your way through class. Go ahead and show us your "attitude and style."

## **Babes on the Bridge**

We leave Loggerhead at 8am and walk to the sidewalk along Donald Ross towards the bridge at a brisk pace stopping along the way to do various exercises that consist of squats, lunges, and upper body. We walk about 2 miles total. So get your water bottles, sunglasses and visors and be a babe on the bridge.

**Silver Sneakers** - Silver Sneakers offers an innovative blend of physical activity, healthy lifestyle, and socially oriented programming that allows older adults to take greater control of their health.

**Silver Sneakers Yoga** - Offers a special Yoga Class in which you'll learn gentle, effective stretching that can help maintain joint flexibility and prevent injury. Increasing your muscular endurance will also improve muscle tone, and restorative breathing exercise will help relax you physically and mentally

**Zumba** - Zumba fuses hypnotic Latin rhythms and easy to follow moves to create a dynamic workout system that will blow you away

**Slow Flow Yoga** - Feel the strength and fluidity of your body as you strengthen and lengthen your muscles through this beautiful and challenging sequence and breathing techniques.

*\*Classes are subject to change.  
Schedules also available on website.*

901 Donald Ross Road, Juno Beach, FL 33408 - (561) 625.3011

www.LOGGERHEADFITNESS.COM