KEY BISCAYNE COMMUNITY CENTER
GROUP EXERCISE SCHEDULE FALL 2013

Classes are 55 minutes and are held in the Aerobics Studio

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:15 AM SPINNING *Arturo*	**6:15 AM** NEW SPINNING *Jennifer*	**6:15 AM** SPINNING *Arturo*	**6:15 AM** NEW SPINNING *Jennifer*			
8:00 AM SPINNING *Jennifer*	**8:00 AM** BRAZILIAN SCULPT *Marquinho*	**8:00 AM** SPINNING *Jennifer*	**8:00 AM** BRAZILIAN SCULPT *Marquinho*	**8:00 AM** SPINNING *Jennifer*	**8:15 AM** SPINNING *Marquinho*	
9:00 AM STEP *Jennifer*	**9:00 AM** SPINNNING *Jennifer*	**9:00 AM** BODY SCULPTING *Jennifer*	**9:00 AM** STEP *Jennifer*	**9:00 AM** BODY SCULPTING *Jennifer*	**9:15 AM** BRAZILIAN SCULPT *Marquinho*	
10:00 AM BODY SCULPTING *Jennifer*	**10:00 AM** LATIN *Jennifer*	**10:00 AM** ZUMBA *Tania*	**10:00 AM** BODY SCULPTING *Jennifer*	**10:00 AM** LATIN *Jennifer*	**10:15 AM** STEP *Jennifer*	**10:00 AM** SPINNING *Jennifer*
11:00 AM SPINNING *Marquinho*	**11:15 AM** BOOMER BOOTCAMP *Marilyn*	**11:00 AM** BRAZILIAN SCULPT *Marquinho*	**11:15 AM** BOOMER BOOTCAMP *Marilyn*	**11:00 AM** BRAZILIAN SCULPT *Marquinho*	**11:15 AM** ZUMBA *Tania*	
12:00 PM NEW BRAZILIAN BOOTY BLAST (30 minutes) *Marquinho*						
	6:00 PM SPINNING "The Ride" - *Arturo*		**6:00 PM** SPINNING "The Ride" - *Arturo*			
6:45 PM SPINNING *Marilyn*	**7:00 PM** BRAZILIAN SCULPT *Marquinho*	**6:45 PM** SPINNING *Marilyn*	**7:00 PM** BRAZILIAN SCULPT *Marquinho*			

Per KBCC Policy, group exercise class participants must be at least 15 years of age.

MEMBER PACKAGES/ABONOS: 1 Class = $9 5 Classes = $35 10 Classes = $60 20 Classes = $100

*** SEE REVERSE FOR ADDITIONAL CLASSES ***

KEY BISCAYNE COMMUNITY CENTER
GROUP YOGA SCHEDULE FALL 2013

Classes are held in the Island Room - 2nd floor. Adult yoga classes are 90 minutes. Teen and kids yoga classes are 60 minutes.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	8:15 AM YOGA for 55 & Older *Kerstin*		**8:15 AM** YOGA for 55 & Older *Kerstin*			
8:30 AM EASY FLOW YOGA VeroYoga & Co. *Veronica*	**8:30 AM** MULTI-LEVEL II YOGA VeroYoga & Co. *Veronica*	**8:30 AM** EASY FLOW YOGA VeroYoga & Co. *Veronica*	**8:30 AM** MULTI-LEVEL II YOGA VeroYoga & Co. *Veronica*	**8:30 AM** EASY FLOW YOGA VeroYoga & Co. *Veronica*		
10:00 AM YOGA *Arbey*	**9:30 AM** YOGA CORE & STRETCH *Kerstin*	**10:00 AM** YOGA *Arbey*		**10:00 AM** YOGA *Arbey*	**9:30 AM** POWER YOGA *Kerstin*	NEW **9:30 AM** MULTI-LEVEL II YOGA VeroYoga & Co. *Veronica*
12:30 PM MULTI-LEVEL I YOGA VeroYoga & Co. *Veronica*			**5:30 PM** KIDS YOGA (ages 6-11) VeroYoga & Co. *Cecilia*			
7:00 PM POWER YOGA & STRETCH *Kerstin*		**7:00 PM** POWER YOGA & STRETCH *Kerstin*	**6:45 PM** TEEN YOGA (ages 12-17) VeroYoga & Co. *Cecilia*			

FEES	MEMBERS	NON-MEMBERS	
Yoga Classes for Adults by Arbey & Kerstin	$9 per class	$15 per class	
Yoga Classes for Adults by VeroYoga & Co.	$18 /class or $130 /10 class pass	$21 /class or $160 /10 class pass	
Yoga Classes for Kids & Teens by VeroYoga & Co. (60 minute class)	$12 /class or $100 /10 class pass	$14 /class or $120 /10 class pass	
Yoga for 55 & Older (60 minute class; takes place in Adult Lounge, 2nd floor) For students who are at least 55 years old only. Maximum of 12 students. New students MUST speak to instructor before starting: Kerstin (786) 970-3636 ***Requires pre-registration at Front Desk and full session payment (pro-rating is not allowed).	$40 per 4-week session	$56 per 4-week session	4-week sessions (Tues & Thurs): (1) September 3-26 (2) October 1-24 (3) October 29-November 21 (4) November 26-December 19 *(no class Nov. 28; pro-rated)*

*** SEE REVERSE FOR ADDITIONAL CLASSES ***