

KEY BISCAYNE COMMUNITY CENTER GROUP EXERCISE SCHEDULE 2016

Classes are 55 minutes and are held in the Aerobics Studio

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:15 AM SPINNING <i>Arturo</i>	6:15 AM SPINNING <i>Jennifer</i>	6:15 AM SPINNING <i>Arturo</i>	6:15 AM SPINNING <i>Jennifer</i>			
8:00 AM SPINNING <i>Jennifer</i>	8:00 AM BRAZILIAN SCULPT <i>Marquinho</i>	8:00 AM SPINNING <i>Jennifer</i>	8:00 AM BRAZILIAN SCULPT <i>Marquinho</i>	8:00 AM SPINNING <i>Jennifer</i>	8:15 AM SPINNING <i>Marquinho</i>	
9:00 AM STEP <i>Jennifer</i>	9:00 AM SPINNING <i>Jennifer</i>	9:00 AM BODY SCULPTING <i>Jennifer</i>	9:00 AM STEP <i>Jennifer</i>	9:00 AM BODY SCULPTING <i>Jennifer</i>	9:15 AM BRAZILIAN SCULPT <i>Marquinho</i>	
10:00 AM BODY SCULPTING <i>Jennifer</i>	10:00 AM BODY SCULPTING <i>Jennifer</i>	10:00 AM SPINNING & ABS <i>Marquinho</i>	10:00 AM BODY SCULPTING <i>Jennifer</i>	10:00 AM SPINNING <i>Jennifer</i>	10:15 AM SPINNING <i>Jennifer</i>	10:00 AM SPINNING <i>Jennifer</i>
11:00 AM SPINNING <i>Marquinho</i>	10:00 AM SPLASH! WATER WORKOUT <i>Marilyn</i>	11:00 AM BRAZILIAN SCULPT <i>Marquinho</i>	10:00 AM SPLASH! WATER WORKOUT <i>Marilyn</i>	11:00 AM BRAZILIAN SCULPT <i>Marquinho</i>		
	11:15 AM BOOMER BOOTCAMP <i>Marilyn</i>		11:15 AM BOOMER BOOTCAMP <i>Marilyn</i>			
	6:00 PM SPINNING <i>Arturo</i>	5:45 PM BRAZILIAN SCULPT <i>Marquinho</i>	6:00 PM SPINNING <i>Arturo</i>			
6:45 PM SPINNING <i>Marilyn</i>	7:00 PM BRAZILIAN SCULPT <i>Marquinho</i>	6:45 PM SPINNING <i>Marilyn</i>	7:00 PM BRAZILIAN SCULPT <i>Marquinho</i>			

NEW CLASS!
begins 9/6

*REQUIRES SENIOR
FITNESS PASS

*REQUIRES SENIOR
FITNESS PASS

*REQUIRES SENIOR
FITNESS PASS

*REQUIRES SENIOR
FITNESS PASS

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 NON-MEMBER FEE = \$15

***SENIOR FITNESS PASS FOR 8 CLASSES: Members = \$48 Non-Members = \$58**

(Must be age 55 and older to use this pass; Valid only for the following 3 classes: Splash! Water Workout, Boomer Bootcamp & Yoga for 55 & Older)

*** SEE REVERSE FOR ADDITIONAL CLASSES ***