

KEY BISCAYNE COMMUNITY CENTER GROUP EXERCISE SCHEDULE - WINTER/SPRING 2019

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 <i>Emil</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>
	*REQUIRES SENIOR FITNESS PASS	11:00 AM BRAZILIAN SCULPT <i>Marquinho</i>	*REQUIRES SENIOR FITNESS PASS	11:00 AM BRAZILIAN SCULPT <i>Marquinho</i>	11:15 AM ZUMBA <i>Rita</i>	
11:00 AM SPINNING <i>Marquinho</i>	10:00 AM SPLASH! WATER WORKOUT <i>Marilyn</i>		10:00 AM SPLASH! WATER WORKOUT <i>Marilyn</i>			
	*REQUIRES SENIOR FITNESS PASS		*REQUIRES SENIOR FITNESS PASS			
	11:15 AM BOOMER BOOTCAMP <i>Marilyn</i>		11:15 AM BOOMER BOOTCAMP <i>Marilyn</i>			
5:45 PM ZUMBA <i>Rita</i>	6:00 PM SPINNING <i>Arturo</i>	5:45 PM ZUMBA <i>Rita</i>	6:00 PM SPINNING <i>Arturo</i>			
6:45 PM SPINNING <i>Marquinho</i>	7:00 PM FUNCTIONAL TRAINING <i>Alexandre</i>	6:45 PM SPINNING <i>Marquinho</i>				

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 ***

KEY BISCAYNE COMMUNITY CENTER GROUP YOGA SCHEDULE - WINTER/SPRING 2019

Classes are 90 minutes long and held in the Island Room - 2nd floor. Exception: Yoga for 55 Older is 60 minutes long and held in the Oasis Room.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:00 AM YOGA for 55 & Older <i>Kerstin</i>		8:00 AM YOGA for 55 & Older <i>Kerstin</i>		8:00 AM YOGA for 55 & Older <i>Kerstin</i>		
8:30 AM LEVEL 1 YOGA <i>Vero-VeroYoga & Co.</i>	8:30 AM GENTLE YOGA <i>Vero-VeroYoga & Co.</i>	8:30 AM LEVEL 1 YOGA <i>Vero-VeroYoga & Co.</i>	8:30 AM GENTLE YOGA <i>Vero-VeroYoga & Co.</i>	8:30 AM LEVEL 1 YOGA <i>Vero-VeroYoga & Co.</i>	9:30 AM POWER YOGA & STRETCH <i>Melanie</i>	9:30 AM LEVEL 2 YOGA <i>Vero</i> <i>VeroYoga & Co.</i>
	9:30 AM YOGA CORE & STRETCH <i>Arbey</i>					
10:00 AM YOGA <i>Arbey</i>		10:00 AM YOGA <i>Arbey</i>		10:00 AM YOGA <i>Arbey</i>		
7:00 PM POWER YOGA & STRETCH <i>Kerstin</i>		7:00 PM POWER YOGA & STRETCH <i>Kerstin</i>				
	6:30 PM KIDS YOGA <i>Nicole-VeroYoga & Co.</i>	7:00 PM TEENS YOGA <i>Nicole-VeroYoga & Co.</i>				

FEES	MEMBERS	NON-MEMBERS
Yoga Classes for Adults by Arbey, Kerstin & Melanie	\$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
Kids & Teens Yoga by VeroYoga & Co. (60 mins for ages 7-17 years in Oasis Room, 2nd floor)	\$12 /class or \$100 /10 class pass	\$14 /class or \$120 /10 class pass
Yoga for 55 & Older (60 minute class; takes place in Oasis Room, 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	\$48 per 8-punch pass	\$58 per 8-punch pass <i>(Member & Non-Member pass is also valid for Splash! Water Workout & Boomer Bootcamp)</i>

* SEE REVERSE FOR ADDITIONAL CLASSES *