

## KEY BISCAYNE COMMUNITY CENTER GROUP EXERCISE SCHEDULE WINTER/SPRING 2014

Classes are 55 minutes and are held in the Aerobics Studio

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

\* SEE REVERSE FOR ADDITIONAL CLASSES \*

## KEY BISCAYNE COMMUNITY CENTER GROUP YOGA SCHEDULE WINTER/SPRING 2014

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
	<b>8:15 AM</b> YOGA for 55 & Older <i>Kerstin</i>		<b>8:15 AM</b> YOGA for 55 & Older <i>Kerstin</i>			
<b>8:30 AM</b> EASY FLOW YOGA VeroYoga & Co. <i>Veronica</i>	<b>8:30 AM</b> MULTI-LEVEL II YOGA VeroYoga & Co. <i>Veronica</i>	<b>8:30 AM</b> EASY FLOW YOGA VeroYoga & Co. <i>Veronica</i>	<b>8:30 AM</b> MULTI-LEVEL II YOGA VeroYoga & Co. <i>Veronica</i>	<b>8:30 AM</b> EASY FLOW YOGA VeroYoga & Co. <i>Veronica</i>		
<b>10:00 AM</b> YOGA <i>Arbey</i>	<b>9:30 AM</b> YOGA CORE & STRETCH <i>Kerstin</i>	<b>10:00 AM</b> YOGA <i>Arbey</i>		<b>10:00 AM</b> YOGA <i>Arbey</i>	<b>9:30 AM</b> POWER YOGA <i>Kerstin</i>	<b>9:30 AM</b> MULTI-LEVEL II YOGA VeroYoga & Co. <i>Veronica</i>
<b>12:30 PM</b> MULTI-LEVEL I YOGA VeroYoga & Co. <i>Veronica</i>			<b>5:30 PM</b> KIDS YOGA (ages 6-11) VeroYoga & Co. <i>Cecilia</i>			
<b>7:00 PM</b> POWER YOGA & STRETCH <i>Kerstin</i>		<b>7:00 PM</b> POWER YOGA & STRETCH <i>Kerstin</i>	<b>6:45 PM</b> TEEN YOGA (ages 12-17) VeroYoga & Co. <i>Cecilia</i>			

NEW!

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	
<b>Yoga for 55 &amp; Older (60 minute class; takes place in Adult Lounge, 2nd floor)</b> 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) January 7-30 (2) February 4-27 (3) March 4-27 (4) April 1 - May 1 (pro-rated 5 weeks) (5) May 6-29

\* SEE REVERSE FOR ADDITIONAL CLASSES \*