

# Aerobic Fitness Class Membership

## HOW TO REGISTER:



Register **IN PERSON** AT THE Tamarac Community Center or at:

[www.tamarac.me/webtrac](http://www.tamarac.me/webtrac).



Cash, Check, M/O, and major credit cards accepted

Status	6-month	Annual
Residents	\$90	\$145
Non-Residents	\$105	\$165
Sr. Residents	\$70	\$115
Sr. Non-Residents	\$100	\$135
Teen Residents	\$45	\$65

**Buy a Punch Card for 10 Classes:** Resident \$60 Non-resident \$70

## CLASS LOCATIONS:

Tamarac Community Center (TCC), 8601 W. Commercial Blvd., PHONE: (954) 597-3620

Tamarac Park (TPK), 7501 N. University Dr., PHONE: (954) 597-3674

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>TriFit Flow</b> 10:30 AM (TPK) <b>*Wendy</b>	<b>Zumba Fitness</b> 9:30 AM (TPK) <b>*Maria</b>	<b>Zumba Fitness</b> 9:30 AM (TPK) <b>*Maria</b>	<b>Zumba Fitness</b> 9:30 AM (TPK) <b>*Maria</b>	<b>Body Sculpting</b> 6:00 PM (TCC) <b>*Mike</b>	<b>Power Circuit</b> 9:30 AM (TPK) <b>*Wendy</b>
<b>Power Pump</b> 6:00 PM (TCC) <b>*Carol</b>	<b>Transform 60</b> 6:00 PM (TCC) <b>*Mike</b>	<b>Strength &amp; Balance</b> 6:00 PM (TCC) <b>*Giselle</b>	<b>Power Sculpting</b> 6:00 PM (TCC) <b>*Giselle</b>	<b>Friday Night Live</b> 7:00 PM (TCC) <b>*Yasmine</b>	<b>Barre Fitness</b> 10:35 AM (TPK) <b>*Maria</b>
<b>Zumba Fitness</b> 6:30 PM (TPK) <b>*Maria</b>	<b>Pilates Challenge</b> 6:00 PM (TCC) <b>*Carol</b>	<b>Cycling</b> 6:00 PM (TCC) <b>*Yasmine</b>	<b>20/20/20</b> 6:30 PM (TPK) <b>*Paula</b>		<b>Inner Glow Yoga</b> 10:30 AM (TCC) <b>*Carol</b>
<b>Healing Yoga</b> 7:00 PM (TCC) <b>*Carol</b>	<b>Belly Dancing</b> 6:00 PM (TPK) <b>*Maria</b>	<b>Power Burn Pilates</b> 6:00 PM (TPK) <b>*Carol</b>	<b>Yoga</b> 7:00 PM (TCC) <b>*Beth</b>		
<b>Pinkberry Boost Fusion</b> 7:30 PM (TPK) <b>*Wendy</b>	<b>Strength &amp; Tone</b> 7:00 PM (TPK) <b>*Yasmine</b>	<b>Stress—Free Yoga</b> 7:00 PM (TPK) <b>*Carol</b>	<b>30 Squared</b> 7:00 PM (TPK) <b>*Yasmine</b>		
	<b>Hatha Yoga</b> 7:00 PM (TCC) <b>*Carol</b>	<b>Stretch &amp; Mobility</b> 7:00 PM (TCC) <b>*Yasmine</b>			



Michelle J. Gomez  
Mayor



Marlon D. Bolton  
Vice Mayor, District 1



Morey Wright  
District 2 Commissioner



Krystal Patterson, MPA, FRA-RA  
District 3 Commissioner



Dr. Kicia Daniel  
District 4 Commissioner

# Aerobic Fitness Class Synopsis

## Class Descriptions and Challenge Points — No pain, no gain—Just Keep Moving!!

**Adjustable Bench Workout:** Bring the weight room to the classroom and shock your body into change with this one-of-a-kind, full-body workout. Using the adjustable bench's versatility, you'll tone and sculpt your upper body, core, and glutes like never before.

**Barre Fitness:** Ideal if you're just getting into exercises, the classes will improve your balance, build strength, make you more flexible, burn calories and improve stability through a strong core. As you get more comfortable and fit, you can ramp up the intensity by adding weight and more challenging moves.

**Stretch & Mobility:** A high energy mix of Aerobics, Cardio, Pilates, Strength Training, Stretching and more. ALL levels are welcomed.

**Belly Dancing:** Considered a weight-bearing exercise improved posture and strengthening of back muscles. Promotes balance, strength, increases bone density and prevents osteoporosis, coordination and confidence as well as being a fun and highly expressive dance form. Belly dancing is empowering and fun no matter what your dance experience.

**Cycling:** High energy workout on stationary bikes. Simulated outdoor cycling with intervals of sprints, climbs and endurance challenges.

**Cardio Blast:** A high-energy workout featuring fast-paced, calorie-burning moves to boost endurance, stamina, and cardiovascular health.

**30 Squared:** 30 Squared is a dynamic one-hour class designed to balance intensity and recovery. The first 30 minutes focus on heart-pumping exercises to build strength and endurance, while the final 30 minutes emphasize deep stretching to enhance flexibility and relaxation. Perfect for all fitness levels, this class ensures a full-body workout that leaves you feeling strong, refreshed, and recharged!

**Friday Night Live:** A FUN high energy, movement and dance fitness class designed to help you burn calories to the beat, ending with a light full body stretch.

**20/20/20:** Three workouts in one! Class designed to give ultimate challenge and total body workout. Sweat through 20' of cardio, 20' of strength toning training and 20' of core work and stretching.

**Hatha Yoga:** Hatha yoga involves a set of poses and breathing techniques. It is an excellent option for any level of practitioner. It can help reduce stress, manage depression, improve strength and flexibility, and relieve pain.

**Healing Yoga:** Designed to restore your inner and outer beauty through gentle and mindful movements plus a time for meditation to reduce stress and boost the immune system.

**Inner Glow Yoga:** Reconnect with your breath and body in Inner Glow Yoga. This Hatha-based class offers a mix of calming postures and deep stretches to build strength and flexibility while nurturing a sense of inner peace and vitality.

**Pinkberry boost Fusion:** A dynamic, full-body workout combining stability, cardio, strength, core, resistance, and power training to boost overall fitness in a fun, energizing way.

**Power Burn Pilates:** This energizing class focuses on building core stability, improving flexibility, and enhancing total-body strength while increasing your heart rate for a calorie-burning challenge.

**Power Circuit:** a high-energy workout combining strength training and explosive movements to boost power, performance, and athletic ability.

**Power Pump Plus ABS:** This class is focused on helping you get strong and stay strong. This is a full body weight training workout using free weights for 45 minutes and 15 minutes of ab blasting exercises.

**Power Sculpting:** Build lean muscle. Burn fat. Be ready to sweat! Balance training exercises strengthen core muscles and improve stability.

**Strength and Balance:** Balance training exercises strengthen core muscles and improve stability.

**Strength and Tone:** This class offers a variety of physical fitness options from class to class such as Aerobics, Cardio, Pilates, Strength Training, Stretching and more. ALL levels are welcome.

**Stress-Free Yoga:** This gentle, restorative class focuses on slow, mindful movements, deep breathing, and simple stretches to release tension and soothe the mind and body.

**Total Body Barre:** Total body workout using a ball as a prop. Barre class is a style of fitness that weaves together elements of dance, Pilates and yoga into one workout that offers full-body strength training.

**Transform 60:** Sixty whole minutes will transform your mental and physical fitness! Try the challenge and you'll be glad you did!

**Trifit Flow:** A dynamic workout that blends strength training, cardio, and flexibility into one smooth, continuous session. Expect functional movements, flowing transitions, and full-body engagement designed to build power, improve endurance, and enhance mobility—all in one energizing class.

**Zumba:** A mixed genre based dance fitness class that focuses on movement and choreography based dancing. All dance moves will match the beat of the selected songs. Music genres will include Hip-hop, Latin, Soca, Reggaeton, and more. Participants will be instructed through different intensity levels of dance, with modification as needed. Made for all dance experience levels.

