

Fitness Class Membership

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| Tamarac Community Center—(TCC) 8601 West Commercial Boulevard PHONE: (954) 597-3620 | Tamarac Park—(TPK) 7501 North University Drive PHONE: (954) 597-3674 |
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| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---------------------------------------|---------------------------------------|--|--|--|---|
| Booty Barre 6:00 PM (TCC) | Zumba Fitness 9:30 AM (TPK) | Zumba Fitness 9:30 AM (TPK) | Zumba Fitness 9:30 AM (TPK) | Body Sculpting 6:00 PM (TCC) | Strength & Tone 9:30 AM (TPK) |
| Zumba Fitness 6:30 PM (TPK) | Transform 60 6:00 PM (TCC) | Balance & Recovery 6:00 PM (TCC) | Body Sculpting 6:00 PM (TCC) | | Cycling 9:30 AM (TCC) |
| Cycling 7:15 PM (TCC) | Yoga 6:00 PM (TCC) | Get Em' Class 7:30 PM (TPK) | Cycling 6:15 PM (TCC) | | YOGA 10:30 AM (TCC) |
| Cheeky Class 7:30 PM (TPK) | Zumba Fitness 7:00 PM (TPK) | | Yoga 7:00 PM (TCC) | | |
| | Cycling 7:15 PM (TCC) | | Caribbean Class 7:00 PM (TPK) | | |

Register online: www.Tamarac.me/Webtrac

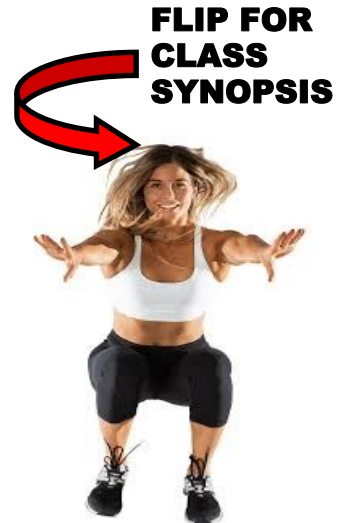
Or, in person at the Tamarac Community Center

(Cash, Check, M/O, Visa, M/C and Discover accepted)

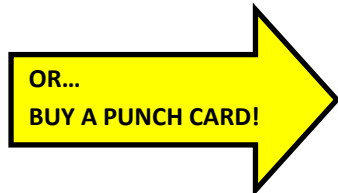
ALL ACCESS PASS (Aerobics)



| | 6-month | Annual |
|--------------------------|-----------------|-----------------|
| Residents | \$90.00 | \$145.00 |
| Non-Residents | \$105.00 | \$165.00 |
| Sr. Residents | \$70.00 | \$115.00 |
| Sr. Non-Residents | \$100.00 | \$135.00 |
| Teen Residents | \$45.00 | \$65.00 |



FLIP FOR CLASS SYNOPSIS



10 Class Punch Card Fees
 Resident \$60.00
 Non-resident \$70.00

Event Photo Disclaimer

By attending an in-person or virtual City of Tamarac event or activity, you are entering an area where photography, audio and video recording may occur. By attending this event or activity, you are agreeing to these terms and consenting to photography, audio and video recording, and its release, publication, exhibition or reproduction to be used for promotional purposes, advertising, inclusion on websites, printed material, social media, or for any other lawful purposes by the City of Tamarac and its representatives.

Please notify City of Tamarac event personnel of any questions prior to attending.



www.tamarac.org/parks
 (954) 597-3620



*"A nationally certified
 Parks and Recreation Agency"*





ADULT FITNESS CLASS SYNOPSIS



Balance and Recovery

Balance training exercises strengthen core muscles and improve stability, making you lighter on your feet. Balance training can help anyone at any age. Athletes find it can make them more powerful. Seniors use it to prevent injuries from falls and maintain independence. And fitness lovers know it helps improve workouts and everyday life.

Body Sculpting

Resistance-Based Classes. Build lean muscle. Burn fat. Be ready to sweat!

Booty Barre

A mix of ballet, Pilates, and yoga movements. This exercise helps us to improve our balance, flexibility, coordination, and tones our body

Caribbean Rhythms" Dance Fitness

Caribbean based dance fitness class encompassing dance, aerobics, and choreography. Music genres will include Soca, Reggae, Dancehall, and more. Participants will be instructed through different intensity levels of dance, with modification as needed. Made for all dance experience levels.

Cheeky Class

This is a lower body workout class designed to build and tone the legs and glutes using body weight and weighted exercises.

Cycling

This is an aerobics exercise class that uses equipment provided. This class provides an aerobic workout that strengthens muscles and improves the cardiovascular system.

"Get Em'Class

A general fitness class for all levels. It's a full body workout that utilizes bodyweight, weighted exercises and plyometric movements. Get Em' is a "no pressure", empowering class that allows you to push your limits according to your own goals and abilities! In Get Em' you are reminded that YOU are your own goals as you make those strides towards becoming or remaining healthy and fit.

RMP "Respect my Process"

A full body outdoor group fitness program incorporating weighted and body weight cardio and strength exercise. This fitness class is circuit training style. Classes are taught at the OUTSIDE PAVILION at the Caporella Aquatic and Wellness Center—9300 NW 58th Street.

Strength and Tone

Improve your strength while you tone yourself in challenging exercise regime. Strength and Tone will increase your endurance and make your clothes fit nicer. You'll have a great attitude by the end of the class once those serotonin levels kick in.

Transform 60

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

Yoga

A physical activity consisting mainly of postures, often connected by flowing sequences, sometimes accompanied by breathing exercises, and frequently ending with relaxation lying down or meditation. This class is designed to decrease your stress level and help you relax! Wear loose comfortable clothing and bring your mat!

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. This class is made for all dance experience levels.