

Fitness Class Membership

2023

Tamarac Community Center—(TCC)
8601 West Commercial Boulevard
PHONE: (954) 597-3620

Tamarac Park—(TPK)
7501 North University Drive
PHONE: (954) 597-3674

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)	Beat Burners 8:30 AM (TCC)
Zumba Fitness 6:30 PM (TPK)	Transform 60 6:00 PM (TCC)	Balance & Recovery 6:00 PM (TCC)	Power Sculpting 6:00 PM (TCC)	Beat Burners 7:00 PM (TCC)	Cycling 9:30 AM (TCC)
Cycling 7:15 PM (TCC)	Yoga 6:00 PM (TCC)	Beat Burners 7:00 PM (TCC)	Advance Cycling 7:00 PM (TCC)		20/20/20 10:30 AM (TCC)
	Zumba Fitness 7:00 PM (TPK)		Zumba Toning 6:00 PM (TPK)		Barre Fitness 10:30 AM (TPK)
	Cycling 7:15 PM (TCC)		Yoga 7:00 PM (TCC)		
			Caribbean Class 7:00 PM (TPK)		

* Schedule is subject to change.

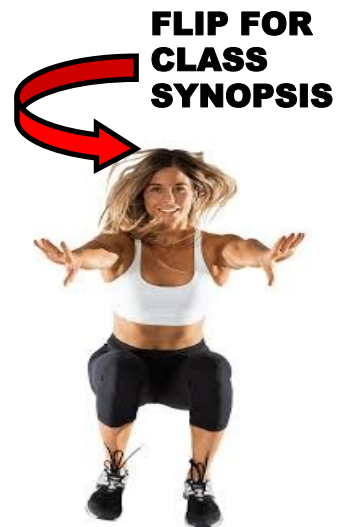
Register **IN PERSON** at The Tamarac Community Center or at: www.tamarac.me/webtrac.

Cash, Check, M/O, Visa, M/C and Discover accepted.

You must have your Membership Card with you when you participate in activities.

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

OR...
BUY A PUNCH CARD!

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"

IT STARTS IN
PARKS
Coaching. Connecting. Community.



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.

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.

Beat Burners

HITT style training class with fun dance moves that keep participants engaged in movement and burn calories.

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.

Class 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.

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.

Power Sculpting

Build lean muscle. Burn Fat. Be ready to sweat!

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.

Zumba Toning

It combines targeted body-sculpting exercises and high-energy cardio work with Latin-infused Zumba movies to create a calorie-torching, strength-training dance fitness-party. Students learn how to use lightweight, maraca-like Toning Sticks to tone all their target zones, including arms, abs, glutes and thighs.