

**Health
First**

**Pro-Health
& FITNESS CENTER**

**Pro-Health & Fitness Center – Viera
321.434.9149**

Hours:

Monday to Friday 5:00 a.m. to 9:00 p.m.
Saturday and Sunday 8 a.m. to 5 p.m.

myPHF.org

Group Fitness Studio – Viera

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
HIIT 5:30 to 6:15 a.m. Patti W.	Coming Soon	Yoga 5:30 to 6:15am Kelly	Circuit Training 5:30-6:15am Patti W	Core & More 5:30 to 6:15 a.m. Patti W.		Schedule effective Sept 1st, 2020
		Muscle Conditioning 7:00-7:45am Renee		Zumba Gold® 7:00-7:45a.m. Joanna		
Step Interval 8:00-8:45am Micki L.	Pilates Mat 8:00-8:45a.m. Leah	Strong 8:00-8:45 a.m. Stephanie	Pilates Mat 8:00-8:45am Leah	Strong 8:00-8:45am. Stephanie	HIIT 8:30 to 9:15 a.m. Joanna P.	
Strong by Zumba® 9:00 to 9:45 a.m. Jenny M	Zumba 9:00-9:45 a.m. Liz	Zumba® 9:00-9:45 a.m. Tiffany	LES MILLS BODYCOMBAT 9:00-9:45am Micki L.	LES MILLS BODYCOMBAT 9:00-9:45 a.m. Chloe		
					LES MILLS BODYPUMP 9:45 to 10:30 a.m. Carrie	
Core & More 10:00 -10:45a.m. Jenny	HIIT 10:00-10-45a.m. Liz.	LES MILLS BODYPUMP 10:00-10:45a.m. Tiffany	Core & More 10:00-10:45 a.m. Micki L.	LES MILLS BODYPUMP 10:00-10:45a.m Carrie		Dance Mania 10:00-10:45am. Kelly
LES MILLS BODYPUMP 11:00-11:45am Carrie	Zumba® Toning 11:00-11:45 a.m. Tiffany C.		Zumba® 11:00-11:45am Lana S		Zumba® 11:00-11:45 a.m. Tiffany C	LES MILLS BODYPUMP 11 to 11:45am. Kelly
Coming Soon		Zumba Gold® 12:00-12:45p.m. Carito		Zumba® 12- 12:45 p.m. Tiffany		YIN Yoga 12:30-1:30pm Mike
Have fun Dancing 1 to 1:45 p.m. Jenny M	Senior Fit 1:00 to 1:45 p.m. Jenny M	Balance in Motion 1:00 to 1:45 p.m. Janice C.	Senior Fit 1:00-1:45pm Michele	Senior Fit 1:00-1:45 p.m. Patti W.		
LES MILLS BODYPUMP 5:00-5:45p.m. Chloe	LES MILLS BODYCOMBAT 5:00-5:45 p.m. Caroline	LES MILLS BODYPUMP 5:00-5:45pm. Tiffany C.	LES MILLS BODYCOMBAT 5:00-5:45 p.m. Chloe	Coming Soon		
Bodyflow 6:00-6:45 p.m. Chloe	Zumba® 6:00-6:45p.m Tiffany	LES MILLS BODYCOMBAT 6:00-6:45pm Caroline	LES MILLS BODYPUMP 6:00-6:45 p.m. Chloe			

YOGA & Pilates Studio

YOGA & Pilates Studio						Schedule effective Sept 1 st , 2020
Basic Yoga 8:00-8:45am. Kelly N.				Power Yoga 8:00-8:45 a.m. Kelly	Yoga Flow 8:05 8:50 a.m. Jill N./Joanne S	
					Yoga Flow 9 to 9:45 a.m. Tiffany	
Basic Yoga 9:00-9:45am Kelly N.	Pilates Mat 9:00-9:45am Leah			Pilates 9:00-9:45 a.m. Tiffany		
					Pilates 10 to 10:45 a.m. Tiffany	
Power Yoga 10:00-10:45am. Kelly N.	Body Flow 10:00-10:45am Carrie	BodyFlow 10:00-10:45 a.m. Micki L.	Coming soon	Barre Fusion 10:00-10:45 a.m. Tiffany		
	Barre Fusion 12:00-12:45am Tiffany	Yoga 11:00-11-45 p.m. Janice C.				
		Yoga 12:00-12:45pm Janice C				
	Pilates Fusion 5:00-5:45 p.m. Micki L.		BodyFlow 5:00-5:45 p.m. Micki L			

Group Cycling Studio – Viera

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Group Cycle 5:30am-6:15am Renee		Group Cycle 5:30am-6:15am Renee				Schedule effective Sept 1 st , 2020
					Group Cycling 8:30 to 9:15a.m. Carrie	
Group Cycling 9 to 9:45 a.m. Liz	Group Cycling 9 to 9:45 a.m. Carrie	Group Cycling 9 to 9:45 a.m. Stephanie	Group Cycling 9 to 9:45 a.m. Liz	Group Cycling 9 to 9:45 a.m. Stephanie W.		Coming soon
Group Cycling 12:00-12:45pm Carrie		Group Cycling 12:00-12:45pm Chloe	Group Cycling 12:00-12:45pn Kay	Group Cycling 12:00-12:45pm Kay		
Group Cycling 5:30-6:15 p.m. Joanna		Coming Soon				

Class Descriptions

Abs and Stretch

20 minutes of core workouts and stretch that make you feel great before or after any class.

Barre Fusion

A challenging full body workout that incorporates elements from Ballet, Pilates, Yoga and toning classes. Using light weights, a ballet barre and your own body resistance, this class will tone your entire body. (55 minutes)

Balance in Motion

Chair-Based yoga-inspire poses, flow and breathe to active the core And create health to the body, mind and spirit

Basic Pilates Mat

Discover the many benefits of Pilates in this comfortably paced class created for beginners. (50 minutes)

Basic Yoga

A class designed to teach the basic yoga postures. (55 minutes)

BodyCombat

Firm legs, arms, back and shoulders. High-energy Martial arts-inspired workout. Teaches you moves from Karate, Taekwondo, Boxing, Muay Thai, Capoeira and Kung.

BodyFlow

A Yoga, Tai-Chi and Pilates workout that builds flexibility and strength while leaving you centered and calm.

Body Pump

A total body workout that will make you toned, lean and fit. Burn calories and improve your core strength. Weight class absolutely for everyone, using light to moderate weight with lots of reps.

Circuit Training

Experience intervals of cardiovascular activities with Boot Camp style of resistance training, abdominal conditioning and stretching. Prepare for pushups, sprints, weight training, and calisthenics of all kinds. (55 minutes)

Core & More

Get ready for a total body workout that always incorporates the abs during each exercise! Each class is varied with equipment used (balls, bands, bars, weights, gliders, etc.) to work each muscle group throughout the class. (55 minutes)

Dance Mania

This class uses choreographed dance routines to get the most out of your workout. This class uses fun choreography to make every class different. (55 minutes)

Glutes & Abs

20 minutes of glutes and core workout. Defines Gluteus maximus, medium & minimum as well as fat that lies over them, adding few butt-busting moves to your routine and to work your core.

Group Cycling

A Bring the outdoor ride inside while using power, watts and RPM on the Keiser M3® to create a fun, low-impact, high-intensity cardiovascular workout. This class is suitable for all ages and fitness levels. (50-55 minutes)

HIIT

HIIT features short intervals of intense cardiovascular exercises, resistance training and/or body weight exercises followed by short

intervals of rest. High Intensity Interval Training is designed to train the whole body while reducing training time. (55 minutes)

Zumba Toning

Created to emphasize muscle work along with rhythms, this combination of cardio and dynamic resistive exercises is an effective use of progressive lightweight training to improve overall performance. (55 minutes)

Muscle Fit

Weight training program designed to improve muscular strength and endurance of all major muscle groups. This class will challenge all fitness levels. Each muscle group is worked until fatigue, approx. 4-5 minutes per muscle group.

Muscle Conditioning: A Combination of all different elements of fitness; ranging from muscle conditioning flexibility and balance .

Strong by Zumba

Combines body weight, muscle conditioning, cardio and plyometric training moves synced to original music that has been specifically designed to match every single move. Every squat, every lunge, every burpee is driven by the music, helping you make it to that last rep and maybe even five more.

Pilates Mat

Around your "powerhouse" (abs, hips, lower back and buttocks), this controlled method of body toning will strengthen muscles, improve balance and streamline posture. (50 minutes)

Senior Fit

This 50-minute class focuses on increasing bone strength through resistance training, light cardiovascular activity, as well as balance and coordination exercises to help reduce the risk of falling and greatly improve activities of daily living.

Step Interval

Intervals of Step choreography followed by intervals of muscular endurance and strength using weights, body weight and/or resistance bands. (55 minutes)

Sunrise Yoga

A gentler, less intensive form of yoga that is suitable for all fitness levels

Yoga

This is a moderate level class guiding students through proper alignment and breath, exploring a wide range of yoga postures gaining flexibility, core strength, balance and focus. (75 minutes)

Yoga Flow

A series of yoga postures connected together in a flowing series moving from one posture to the next. This is a 55-minute class, perfect for those with a busy schedule

Zumba®

A high-energy aerobic workout that combines exciting music with unique dance moves. The music ranges from the Salsa and Merengue, to Reggae ton and Samba. (55 minutes)

Zumba® Gold

Learn how to move your hips to Merengue, Cumbia, Reggae ton and Salsa. This class is designed for the active older adult population or the true beginner (deconditioned) participant. Low-impact slower paced version of the popular Zumba class. (55 minutes)



Pro-Health
& FITNESS CENTER

Pro-Health & Fitness Center – Viera Aquatic Classes

Monday to Friday 5:00 a.m. to 9:00 p.m.
Saturday and Sunday 8 a.m. to 5 p.m.

myPHF.org

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Aqua Fit 8 to 8:45 a.m. Patti W	Aqua Fit 8:00 to 8:45 a.m. Renee	Aqua Intervals 8 to 8:45 a.m. Patti W	Aqua Fit 8 to 8:45am Renee	Aqua Fit 8:00 to 9:15 a.m. Lana		Schedule Effective Sept 1 st 20
Aqua Intervals 9:00- 9:45am Patti W	Aqua Core & More 9:00-9:45 am. Renee		Deep water 9:00-9:45am. Rose Marie			Combined Use 9 to 11 a.m. Children allowed in multi pool only
Aqua Zumba 10:00-10:45 Tiffany		Aqua Fit 10:00-10:45am Kay L.	Aqua balance 10 to 10:30 a.m. Rose Marie		Pool Closed Swim School 9 to 12:30 p.m.	Independent Exercise 11:45 to 2 p.m.
Deep Water 11 to 11:45 a.m. Tiffany		Aqua Balance 11:00-11:45am Kay L.		Aqua Fit 11:00- 11:45am Kay L.	Independent Exercise 12:45 to 2 p.m..	Combined Use 2 to 4 p.m. Children allowed in multi pool only
Independent Exercise 2-3pm		Summer Camp Kids Time 12:30 -1:30pm		Summer Camp Kids Time 12:30- 1:30pm	Combined Use 2 to 4 p.m. Children allowed in multi pool only	
	HF Physical Therapy Noon to 4 p.m.		HF Physical Therapy Noon to 4 p.m.			
Pool Closed Swim School 4 to 6:40 p.m.	Pool Closed Swim School 4 to 6:40 p.m.	Pool Closed Swim School 3:30pm to 6:40 pm.	Pool Closed Swim School 4 to 6:40 p.m.	Pool Closed Swim School 3:30pm to 6:40 pm.		
	Combined Use 6 to 8 p.m. Children allowed in multi pool only	Combined Use 7 to 8 p.m.		Combined Use 6 to 8 p.m. Children allowed in multi pool only		

Lap Pool Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
					Family Lap Swim 2 to 4 p.m.	Family Lap Swim 2 to 4 p.m.

*Please note: Class schedules and instructors may be changed or cancelled with limited or no notice.

Class Descriptions:

Aqua Arthritis: Improve range of motion and flexibility with exercises adapted for joint issues. Also great for fibromyalgia and osteoporosis.

Aqua Balance: A low impact, all-encompassing body stretch, strengthening and balance workout. This class works especially well for those with back issues, Parkinson's and anyone looking to improve their balance.

Aqua Chi/Balance: A slow moving class that combines Chi and balance aspects.

Aqua Core & More: Designed to increase core stabilization, improve balance, build strength and reduce tension. Suitable for all fitness levels. Drag and buoyant resistance may be added for increased intensity and to further challenge stability and balance.

Aqua Fit: Moderate to high intensity cardiovascular workout includes muscle toning, stretching and finishes with a cool down.

Aqua Intervals: High intensity intervals of cardio, strength or combinations of both followed by low intensity recovery periods.

Aqua Step: Similar to our moderate to high intensity Aqua Fit class, but it also incorporates the use of an underwater exercise step to intensify cardiovascular benefits.

Aqua Zumba: Latin dance your way to fitness. This is a cardio-based class based on the popular Zumba class on land. Balance in Motion: This class incorporates slow standing movements and drills including elements of Thai-Chi, Qigong breath and balance exercises.

Combined Use: Available for independent swim, family time and private swim lessons. All participants must be an active member or guest fee and paperwork apply. Ask front desk for details.

Deep Water: Exercise without touching the floor of the pool by using a floatation belt.

Easy Does It: A beginner level aerobics class for participants looking for an introduction to exercise.

Family Lap Swim: Children 11 and under may swim in the lap pool with their parent/guardian. All participants must be an active member or guest fee and paperwork apply. Ask front desk for details.

HF Physical Therapy: Reserved for Health First Physical Therapist's and their patients. For more information on Aquatic Rehab, call Health First Physical Therapy at 321.434.9122.

Latin Dance: This class is full of high energy and great music. Learn how to dance with a mixture of all the best Latin moves.

Swim School: Reserved for Group Swim Lessons. Limited seating/standing room on pool deck.

Pool Rules:

- Always Shower on site before entering the pools or whirlpools. This is a Health Department regulation.
- Never wear perfume, cologne or fragranced lotions. Others may have an allergic reaction which can be especially aggravated when mixed with pool chemicals.
- Arrive on time for Aquatic Fitness Classes. For the safety and courtesy of all, participants will not be allowed to enter the pool more than 10 minutes after the posted start time of class.
- Wait to enter the pool until the previous class has exited. While waiting, please do not talk to others on the pool deck or in the water. Sound is greatly amplified in the pool area.
- Conversations during class are not permitted.
- Lap swimmers and water walkers need to be courteous to one another and share the lanes. Circle swimming is advised for lap lanes.
- Only Pro-Health staff are allowed to teach, coach or personal train anywhere in the facility.
- During Swim School & HF Physical Therapy, the pool is closed to members.
- During Combined Use, parents must be in the pool when children are swimming. Children age 11 and under must always be supervised by their parent/guardian.
- With the exception of Pro-Health Swim Lessons, the Lap Pool is NOT open to children 11 and under except on Saturday and Sunday during Family Lap Swim.