



# SENIOR AEROBICS SCHEDULE

**Annual Membership: Residents \$25 | Non-Residents \$50.**

**Daily Visit: Residents \$1 | Non-Residents \$5**

## CENTRAL PARK (954-452-2510)

| TIME           | MONDAY  | TUESDAY                              | WEDNESDAY   | THURSDAY                             |
|----------------|---|--------------------------------------|---|--------------------------------------|
| 8:15am-9:15am  |   | Low Impact Aerobics<br>-Karen Hodish |   | Low Impact Aerobics<br>-Karen Hodish |
| 9:30am-10:30am | High/Low Aerobics w/ Body<br>Sculpt<br>-Diane Britt |                                      | High/Low Aerobics w/ Body<br>Sculpt<br>-Diane Britt | Zumba for All<br>-Diane Britt        |

## PLANTATION COMMUNITY CENTER (954-797-2180)

| TIME           | MONDAY                         | TUESDAY                    | WEDNESDAY                     | THURSDAY                        |
|----------------|--------------------------------|----------------------------|-------------------------------|---------------------------------|
| 9:00am-10:00am | Senior Circuit<br>-Lola Irvine | Dance Fit<br>- Lola Irvine | Yoga Stretch<br>- Lola Irvine | Chair Exercise<br>- Lola Irvine |

*Silver Sneakers Members: FREE*

## JIM WARD COMMUNITY CENTER (954-585-2344)

| TIME            | MONDAY                        | TUESDAY                   | WEDNESDAY | THURSDAY                             | FRIDAY                | SATURDAY                      |
|-----------------|-------------------------------|---------------------------|-----------|--------------------------------------|-----------------------|-------------------------------|
| 10:30am-11:30am |                               | Aerobics<br>-Karen Hodish |           | Low Impact Aerobics<br>-Karen Hodish | 20/20/20<br>Lana Gelb |                               |
| 11:00am-12:00pm | Ageless Grace<br>-Tracey Gelb |                           |           |                                      |                       | Ageless Grace<br>-Tracey Gelb |

Class schedules and instructors subject to change. Updated 10/14/24