

# Fitness Class Membership

## 2023

<b>Tamarac Community Center—(TCC)</b> 8601 West Commercial Boulevard PHONE: (954) 597-3620	<b>Tamarac Park—(TPK)</b> 7501 North University Drive PHONE: (954) 597-3674
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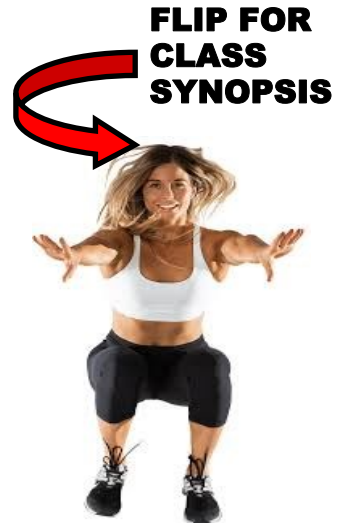
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>20/20/20</b> 11:00 AM (TPK)	<b>Zumba Fitness</b> 9:30 AM (TPK)	<b>Zumba Fitness</b> 9:30 AM (TPK)	<b>Zumba Fitness</b> 9:30 AM (TPK)	<b>Body Sculpting</b> 6:00 PM (TCC)	<b>Cycling</b> 9:30 AM (TCC)
<b>Booty Barre</b> 6:00 PM (TCC)	<b>Transform 60</b> 6:00 PM (TCC)	<b>Balance &amp; Recovery</b> 6:00 PM (TCC)	<b>Power Sculpting</b> 6:00 PM (TCC)	<b>Beat Burners</b> 7:00 PM (TCC)	<b>YOGA</b> 10:30 AM (TCC)
<b>Zumba Fitness</b> 6:30 PM (TPK)	<b>Yoga</b> 6:00 PM (TCC)	<b>Beat Burners</b> 7:00 PM (TCC)	<b>Cycling</b> 6:00 PM (TCC)		<b>Barre Fitness</b> 10:35 AM (TPK)
<b>Cycling</b> 7:15 PM (TCC)	<b>Zumba Fitness</b> 7:00 PM (TPK)		<b>Zumba Toning</b> 6:00 PM (TPK)		
	<b>Cycling</b> 7:15 PM (TCC)		<b>Yoga</b> 7:00 PM (TCC)		
			<b>Caribbean Class</b> 7:00 PM (TPK)		

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.

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

### ALL ACCESS PASS (Aerobics)

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



**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](http://www.tamarac.org/parks)  
(954) 597-3620



"A nationally accredited  
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. Helpful for anyone at any age! Athletes find it can make them more powerful. Seniors use it to prevent injuries from falls and maintain independence; 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 keeps participants engaged in movement and burn calories.

**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:** This class encompasses 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.

**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!

**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.

**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. Made for all dance experience levels.

**Zumba Toning:** It combines targeted body-sculpting exercises and high-energy cardio work with Latin-infused Zumba moves 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.



WE ARE  
PARKS AND  
RECREATION

