

# January

# Adult Classes

## City of Tamarac Virtual Classes

## ZOOM ONLY

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p><b><u>Zumba</u></b> 9:30am</p> <p>Active Members Only</p>	<p><b><u>Zumba</u></b> 9:30am</p> <p>Active Members Only</p>	<p><b><u>Zumba</u></b> 9:30am</p> <p>Active Members Only</p>	<p><b><u>Body Sculpting</u></b> 6:00PM</p> <p>Active Members Only</p>	
	<p><b><u>Booty Barre</u></b> 6:00pm</p> <p>Active Members Only</p>	<p><b><u>Balance &amp; Recovery</u></b> 6:00PM</p> <p>Active Members Only</p>	<p><b><u>Body Sculpting</u></b> 6:00PM</p> <p>Active Members Only</p>		
	<p><b><u>Transform 60</u></b> 6:00pm</p> <p>Active Members Only</p>	<p><b><u>Tai-Chi</u></b> 6:30pm</p> <p>Active Members Only</p>	<p><b><u>Yoga</u></b> 7:00pm</p> <p>Active Members Only</p>		
	<p><b><u>Yoga</u></b> 7:00PM</p> <p>Active Members Only</p>	<p><b><u>Zumba</u></b> 7:15pm</p> <p>Active Members Only</p>			

Note: Active Members log in codes were emailed.

## **Adult Zoom Classes – with instructor and descriptions**

### **Zumba - Tuesday/Wednesday/Thursday at 9:30 am with Maria**

Targeted body-sculpting exercises and high energy cardio work with Latin-infused. Zumba moves to create a calorie torching, strength-training dance fitness party.

### **Booty Barre – Tuesdays at 6 PM with Carol**

Booty Barre is a workout routine that can be classified as a dance inspired aerobics class that has a combination of exercises with elements of Pilates and low impact exercises. These exercises help to reshape the glutes and in addition to toning and sculpting the lower half of the body.

### **Yoga – Tuesdays at 7 PM with Carol**

Yoga helps to restore the mind and body. Each pose when stretched and held, helps to lengthen the stretches muscle, which in turn lengthens the connective tissues that surround the joints. Yoga also helps to renew the body and helps to prevent injuries.

### **Transform 60 (Head 2 Toe) – Tuesdays at 6PM with Mike**

These aerobics exercise classes provide both high impact and low impact exercises. These classes provide aerobic and anaerobic exercises to help strengthen the muscles and improve the cardiovascular system.

### **Balance and Recovery Wednesdays at 6 PM & Body Sculpting – Thursdays at 6PM with Gazelle**

These aerobics exercise classes provide both high impact and low impact exercises. These classes provide aerobic and anaerobic exercises to help strengthen the muscles and improve the cardiovascular system.

### **Tai Chi – Wednesdays at 6:30 PM with Mark**

Tai Chi can increase your flexibility and improve your balance. Both activities are low-impact, so they are not going to put your joints at risk.

### **Zumba – Wednesday at 7:15 PM with Elda**

Aerobics class that provides both high and low impact. The aerobic workout that strengthens, the muscles and improves the cardiovascular system.

### **Yoga – Thursdays at 7:00PM PM with Beth**

Yoga helps to restore the mind and body. Each pose when stretched and held, helps to lengthen the stretches muscle, which in turn lengthens the connective tissues that surround the joints. Yoga also helps to renew the body and helps to prevent injuries.

### **Body Sculpting – Fridays at 6PM with Mike**

These aerobics exercise classes provide both high impact and low impact exercises. These classes provide aerobic and anaerobic exercises to help strengthen the muscles and improve the cardiovascular system.