



MONDAY	9:00 AM	ZUMBA TONING	ALEXSA	All levels	55 min
	10:00 AM	STEP & SCULPT	BETH	All levels	55min.
	11:00 AM	SILVERSNEAKERS CLASSIC	BETH	Sil&Fit/SS	55 min
	5:45 PM	*FT BOOT CAMP*	BRENDA	All levels	55 min
	6:45 PM	PUMPED	BETH	All levels	55 min.
	7:45 PM	LATIN HEAT	NELSON	All levels	55 min

TUESDAY	9:00 AM	POWER JAM	PAM	All levels	55 min.
	10:00 AM	SHAPE UP	ANIA	All levels	55 min
	11:00 AM	YOGA	KAYLA	All levels	55 min.
	5:30 PM	*FT BOOT CAMP*	BRENDA	All levels	55 min
	6:30 PM	CARDIO/SCULPT	BETH	All levels	55 min.
	7:30 PM	YOGA	BEVERLY	All levels	55 min

WEDNESDAY	9:00 AM	ZUMBA	ALEXSA	All levels	55 min
	10:00 AM	H.I.T	TERRY	All levels	55 min
	11:00 AM	SILVERSNEAKERS CLASSIC	TERRY	Sil&Fit/SS	55 min.
	6:00 PM	*FT BOOT CAMP*	BRENDA	All levels	55 min
	7:30 PM	ZUMBA®	JAMPO	All levels	55 min

THURSDAY	9:00 AM	POWER JAM	PAM	All levels	55 min.
	10:00 AM	H.I.T	BETH	All levels	55 min.
	11:00 AM	YOGA	KAYLA	All levels	55 min.
	5:30 PM	*FT BOOT CAMP*	BRENDA	All levels	55 min
	6:30 PM	CARDIO/SCULPT	BETH	All levels	55 min
	7:30 PM	MAT PILATES	SARABIE	All levels	55 min

FRIDAY	9:00 AM	ZUMBA®	ALEXSA	All levels	55 min.
	10:00 AM	SHAPE UP	ANIA	All levels	55 min
	11:00 AM	SILVERSNEAKERS CLASSIC	BETH	Sil&Fit/SS	55 min
	6:00 PM	*FT BOOTCAMP*	BRENDA	All levels	55 min

SATURDAY.	8:30 AM	*FT BOOT CAMP*	DELMAR	All levels	55 min
	10:00 AM	CARDIO/SCULPT	BETH	All levels	55 min.
	11:00 AM	ZUMBA®	NELSON	All levels	55 min.

SUNDAY 01/12	9:00 AM	HIT	NICOLAS	All levels	55 min.
	10:00 AM	YOGA	BEVERLY	All levels	55 min.

U.S. 1 FITNESS CENTER, INC.

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(305) 893-0815 www.us1fitnesscenter.com

BUSINESS HOURS: MONDAY: 5AM 24 HOURS OPEN UNTIL CLOSE FRIDAY 10 PM

SATURDAY AND SUNDAY: 7AM-7PM

ADDITIONAL MONTHLY RATES APPLY FOR FT BOOT CAMP CLASSES

"THE AEROBICS SCHEDULE IS SUBJECT TO CHANGE ACCORDING TO CLASS PARTICIPATION"

Mats are required for Aerobics classes Enjoy!

BODY BLAST: Have a blast and get in tip-top shape with this fun and energetic combination class consisting of cardio, body sculpting, abdominals, floor work and cool down.

CARDIO/SCULPT: Come sweat and burn calories in this cardio, weight training class. We will combine weight training with fast paced cardio for a total blast of body fat.

PUMPED: An action-packed workout filled with a combination of cardio kick boxing skills, drills and weights for a challenging full body workout.

SILVERSNEAKERS CLASSIC: A core class that focuses on total body conditioning. You will be guided through functional exercises using balls and bands for resistance. *Silver Sneakers*

POWER JAM: *Jam with Pam* and dance like a pro with this challenging, unique aerobic dance class, which features original choreographed routines to all kinds of music: Broadway, Hip Hop, Country, Rock & Roll, Jazz, Jive, Latin, etc. "It's Showtime!!! 5-6-7-8!"

SHAPE UP: Start off with a cardio warm up that will lead you to a low impact weight workout. You will sculpt your body from head to toe!

MAT PILATES: A Core stability and balance class but executed Pilates style with ALOT of incorporating Pilates mat exercises.

YOGA: Enjoy Yoga at its best! You will be guided through the practice of Yoga postures combined with proper breath work, mantras and meditation to align your psyche and strengthen your body. This class will help keep you balanced and looking and feeling youthful and light, with renewed energy and vitality. A Yoga mat is required.

ZUMBA®: It's a fusion of Latin, International and popular music/dance themes creating a dynamic, exciting and effective fitness system. The routines feature aerobic/ fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body with easy to follow steps.

H.I.T: Compound movements that work multiple muscle groups at the same time to build overall strength and power in an efficient, simple and fun way. Burn more calories in less time getting the most out of your workout.

FT BOOT CAMP: This high intensity, functional training class is a total body workout that improves strength, speed, flexibility, and balance through the use of equipment like kettlebells, Dumbbells, boxes, battle ropes, rowers, slam balls, medicine balls, TRX and much more. This boot camp style class will enhance the overall performance of the body in its daily activities, all while conditioning through running/sprinting, rowing, jumping, lifting, throwing, pushing and pulling.

LATIN HEAT: Shake up your workout through a blend of Latin-fused dance moves from Salsa, Merengue, Pop, Top 40's and more!