



MONDAY	9:00 AM	ZUMBA TONING	ALEXSA	All levels	55 min
	10:00 AM	STEP & SCULPT	BETH	All levels	55min.
	5:45 PM	*FT BOOT CAMP*	BRENDA	All levels	55 min
	6:45 PM	PUMPED	BETH	All levels	55 min.
TUESDAY	9:00 AM	POWER JAM	PAM	All levels	55 min.
	6:30 PM	CARDIO/SCULPT	BETH	All levels	55 min
WEDNESDAY	9:00 AM	ZUMBA	ALEXSA	All levels	55 min
	10:00 AM	H.I.T	BETH	All levels	55 min
	6:00 PM	*FT BOOT CAMP*	BRENDA	All levels	55 min
THURSDAY	9:00 AM	POWER JAM	PAM	All levels	55 min.
	11:00 AM	YOGA	TBA	All levels	55 min.
	6:30 PM	CARDIO/SCULPT	BETH	All levels	55 min
FRIDAY	10:00 AM	SHAPE UP	BETH	All levels	55 min
	6:00 PM	*FT BOOTCAMP*	BRENDA	All levels	55 min
SATURDAY	10:00 AM	CARDIO/SCULPT	BETH	All levels	55 min.
	11:00 AM	ZUMBA®	MALU	All levels	55 min.
SUNDAY	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-FRIDAY 7AM-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!

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!

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.