



# Pinecrest Community Center Fitness Schedule

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6am-6:30am	Circuit Training	Circuit Training	Circuit Training	Circuit Training	Circuit Training		
8:00am-9:00am		Yoga				Boot Camp	
9am-10am		The Workout Cardio Cross Train		The Workout	Pre-Natal Yoga	Pilates	
9am-10:30am	Yoga	Sr Plus+ Fitness		Sr Plus+ Fitness			Yoga
9:30am-10:30am	Zumba	Stroller Fitness	Zumba	Stroller Fitness		Teen Salsa	
10am-11:00am					Mommy & Me Yoga		
10:15am-11:15am		Pilates		Pilates			
10:30am-11:30am	Sr Plus+ Circuit	Sr.Yoga Tai Chi	Sr Plus+Circuit				
11:30am-12:30pm					Tai Chi		
1:00 PM							
1:30pm-3:30pm	Open Studio	Open Studio	Open Studio	Open Studio	Open Studio		
2:00 PM							
3:00 PM							
3:45pm-4:15pm			Kidokinetics				
4:00pm-5:00pm		Ballet/Creative 3-5 yr					
4:15pm-5:00pm			Kidokinetics				
5:00pm-6:00pm	Hip Hop	Ballet/Jazz 6-8yr	Hip Hop	Ballet/Modern ALL			
5:00pm-8:00pm	Judo		Judo		Judo		
5:30pm-6:30pm	Boot Camp	Boot Camp	Boot Camp	Boot Camp			
6:00pm-7:00pm		Line Dance (beg)	Jiving Jazz				
6:00pm-7:00pm		Kids Salsa			Ballroom Dance		
6:15pm-7:45pm	Yoga			Yoga			
6:30pm-9:00pm	Fencing						
7:00pm-8:00pm		Line Dance (inter)					
7:00pm-8:30pm			Yoga	Tango			
7:30pm-9:00pm		Salsa (beg)		Salsa (inter)			
8:00pm-9:00pm		Line Dance (adv)					
8:00 PM							
9:00 PM							



**60 Minute Classes**

Member: \$12 /per class  
 \$100 /per 10 classes  
 Non-Member: \$14 /per class  
 \$120 /per 10 classes

**90 Minute Classes**

Member: \$17 /per class  
 \$150 /per 10 classes  
 Non-Member: \$19 /per class  
 \$170 /per 10 classes

For pricing of other fitness classes, additional information or registration please contact the Pinecrest Community Center front desk at 305-284-0900.

5855 Southwest 111th Street | Tel 305-284-0900 | www.pinecrestgardens.com

