

CLASS SCHEDULE - 2023

The Employee Wellness Center | JFK Medical Center | 180 JFK Drive, Suite #350 | 561-548-3610

Look us up on Facebook: /TheEmployeeWellnessCenter

Hours: M-F 3-9PM, Sat 9AM-1PM, Sun Closed.



scan for more info

Day	Time	Duration	Class
Mondays	3:30 PM - 3:50 PM	20 minutes	LMR Abs & Core
	3:50 PM - 4:10 PM	20 minutes	LMR Arms & Upper body
	4:10 PM - 4:30 PM	20 minutes	LMR Legs
	5:30 PM - 5:50 PM	20 minutes	LMR Abs & Core
	5:50 PM - 6:10 PM	20 minutes	LMR Arms & Upper body
	6:10 PM - 6:30 PM	20 minutes	LMR Legs
	7:45 PM - 8:05 PM	20 minutes	LMR Abs & Core
	8:05 PM - 8:25 PM	20 minutes	LMR Arms & Upper body
	8:25 PM - 8:45 PM	20 minutes	LMR Legs
Tuesdays (every other Tuesday. Check website for exact dates)	5:30 PM - 6:15 PM	45 minutes	***NEW*** Country Line Dancing
Wednesdays	3:30 PM - 4:00 PM	30 minutes	Boot Camp
	5:30 PM - 6:00 PM	30 minutes	Boot Camp
	7:45 PM - 8:15 PM	30 minutes	Boot Camp
Thursdays	3:30 PM - 4:00 PM	30-45 minutes	Kickboxing
	5:30 PM - 6:00 PM	30-45 minutes	Kickboxing
	7:45 PM - 8:15 PM	30-45 minutes	Kickboxing
Fridays	3:00 PM - 9:00 PM		TTC Weigh-In
Saturdays	9:00 AM - 9:30 AM	30 minutes	Outdoors Boot Camp (weather permitting)

Turn for more training options

Class schedule and times are subject to change. Covid19 Precautions in Effect.



TOTAL
TRANSFORMATION
CHALLENGESM

17th
Annual



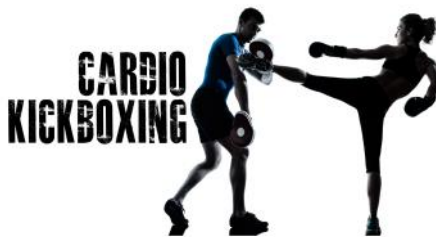
With nearly 4,200 employees participated and 22,000 lbs of weight loss, the Total Transformation Challenge is a PROVEN effective method to help you lose weight and get stronger in as little as 3 months.

- Duration of the program: 12 weeks
- Suitable for all levels: Beginner, intermediate, and advanced
- Must be a member of the EWC to participate
- **Check the gym for registration times**



Country Fusion! Throw on your Daisy Dukes & Cowgirl boots and channel your inner cowgirl for a boot scootin' country line dance lesson!

- Duration of the lesson: 30-45 minutes
- Suitable for all levels: Beginner, intermediate, and advanced
- Cowboy boots and hats are optional



Jump in this high-energy class that combines cardio training and martial-arts-infused kickboxing!

- Duration of the workout: 30-45 minutes
- Suitable for all levels: Beginner, intermediate, and advanced
- All you need are your Kickboxing Gloves and Tons of energy to burn!



LMR is the solution for busy professionals who are looking for an effective workout in a short period of time.

- Duration of the workout: 20 minutes
- Suitable for all levels: Beginner, intermediate, and advanced
- Targeted muscle groups
- Recommended 1-2 times a week
- Try one class at a time or challenge yourself to a full POWER HOUR!

SPEEDLINE
The 30-Minute Total-Body Workout



SPEEDLINE : A Complete body workout that combines cardiovascular and strength training in 30 minutes or less.

- Duration of the workout: 30 minutes
- Builds all major muscle groups
- Suitable for all levels: Beginner, intermediate, and advanced
- Recommended 1-2 times a week
- **Call to schedule your first session! Very easy to learn**



Set your fitness goals in action with the new Boot Camp at the Employee Wellness Center. Develop your strength, stamina and speed with a variety of exercises like weight lifting, calisthenics, and plyometrics.

- Duration of the workout: 30 minutes
- Suitable for: intermediate and advanced
- Workouts change constantly
- Build muscle and incinerate fat
- **Outdoors Boot Camp: Saturdays at 9AM in front of Building 180**

“AVERAGE IS NOT AN OPTION!”