

Join now
For free

EMPLOYEE

WELLNESS

CENTER

SCAN FOR
FULL-CLASS
SCHEDULE!



START TODAY

BLITZ



MONDAYS

3:45PM
5:30PM
7:45PM

YOGA



TUESDAYS

5:30PM

BOOT CAMP



WEDNESDAYS

3:30PM
5:30PM
7:45PM

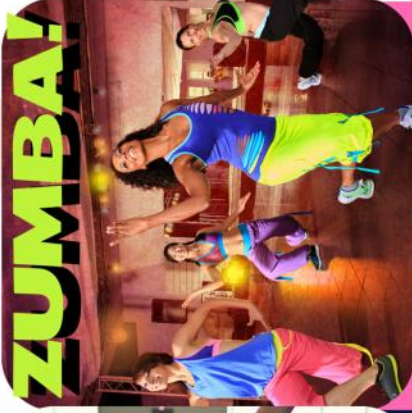
KICKBOXING



THURSDAYS

3:45PM
5:30PM
7:45PM

ZUMBA!



FRIDAYS

5:30PM

FREE MEMBERSHIP

180 JFK DRIVE, SUITE #350

561-543-3753

FREE MEMBERSHIP



TOTAL TRANSFORMATION CHALLENGE: With over 25,000 pounds in weight loss. The “Challenge” is a proven method to help you lose weight and get stronger in as little as 3 months.
 ▶ Suitable for all levels ▶ Offered 3 times a year



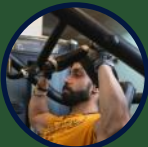
ZUMBA: Join the Zumba party! A fun, vibrant dance workout that's as good for your soul as it is for your body. Get ready to move, groove, and smile your way to fitness!
 ▶ Suitable for all levels ▶ No dance experience needed ▶ 45-60 minutes of fun



KICKBOXING: This high-energy workout combines cardio training and martial arts for an awesome fat-burning class!
 ▶ Suitable for all levels ▶ 30-45 Minutes



BLITZ: Blitz is the solution for busy professionals who are looking for an effective workout in a short period of time.
 ▶ Suitable for all levels ▶ 20 minutes each muscle group ▶ New workout every week



SPEEDLINE: A full-body circuit workout that combines cardiovascular and strength training in 30 minutes or less.
 ▶ Suitable for all levels ▶ Fully customizable ▶ 30 minutes or less



BOOTCAMPS: Develop your strength, stamina and speed with a variety of exercises like weight lifting, calisthenics, and plyometrics.
 ▶ Suitable for all levels ▶ 20-30+ minutes ▶ New workout every week



YOGA: Unwind and rejuvenate with yoga. Explore the balance of body and mind through gentle stretches, deep breathing, and relaxation. Find your inner peace and strength in every session.
 ▶ Suitable for all levels ▶ Must bring a mat



MINDFUL MOMENTS: Discover inner peace with Mindful Moments. Brief guided meditations to reduce stress and enhance clarity. Find tranquility and well-being in just a few minutes.
 ▶ Suitable for all levels ▶ No appointment necessary ▶ Beautiful tranquil room



1:1 COACHING: Get custom workouts and tailored nutrition plans to fit your goals and schedule. Stop by the gym for details.
 ▶ Suitable for all levels ▶ Fully customizable ▶ Online training available



FULL GYM: From cardio equipment like treadmills and ellipticals to weight machines and everything in between. The Employee Wellness Center has it all!
 ▶ Free Membership ▶ Lockers and showers ▶ Personal Training included free!

