

FITNESS CLASS SCHEDULE

Day	Time	Duration	Class	Location
Monday	3:30 PM - 4:30 PM	20 min	Blitz Core / Blitz Arms / Blitz Legs	EWC
	5:30 PM - 6:30 PM	20 min	Blitz Core / Blitz Arms / Blitz Legs	EWC
	7:45 PM - 8:45 PM	20 min	Blitz Core / Blitz Arms / Blitz Legs	EWC
Tuesday	5:30 PM - 6:15 PM	45 - 60 min	Yoga	3SW*
Wednesday	5:30 PM - 6:15 PM	45 - 60 min	Zumba	KCR 1*
	3:30 PM - 4:00 PM	20 - 30 min	Boot Camp	EWC
	5:30 PM - 6:00 PM	20 - 30 min	Boot Camp	EWC
	7:45 PM - 8:15 PM	20 - 30 min	Boot Camp	EWC
Thursday	3:30 PM - 4:00 PM	30 - 45 min	Kickboxing	EWC
	5:30 PM - 6:00 PM	30 - 45 min	Kickboxing	EWC
	7:45 PM - 8:15 PM	30 - 45 min	Kickboxing	EWC
Friday	7:30 AM - 8:15 AM	45 - 60 min	Yoga	3SW*
	3:00 PM - 9:00 PM		Challenge Weigh-In	EWC
Saturday**	9:00 AM - 9:30 AM	20 - 30 min	Outdoors Boot Camp (weather permitting)	EWC
Mon - Fri***	3:00 PM - 9:00 PM	5 - 20+ min	Mindful Moments Guided Meditation	EWC

* **3SW**: 3 South West Conf. Rm. (3rd fl, South West Tower) / **KCR1**: Kennedy Conf. Room / **EWC**: Employee Wellness Center / Location may change

** Weather permitting

*** Guided Meditation: Open 3-9 PM / Subject to room availability / Appointments recommended but not required



scan for
more info

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

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



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!

