

EMPLOYEE

WELLNESS

CENTER

**JOIN NOW
FOR FREE**

START TODAY



FREE MEMBERSHIP



1:1 COACHING - NUTRITION COUNSELING - CUSTOM PROGRAMING



BLITZ

MONDAYS

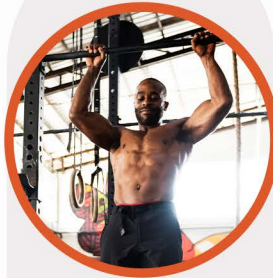
3:45PM
5:30PM
7:45PM



YOGA

TUESDAYS

5:30PM



BOOTCAMP

WEDNESDAYS

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



KICKBOXING

THURSDAYS

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



ZUMBA!

FRIDAYS

5:30PM

SCAN FOR FULL CLASSES SCHEDULE!

 **561-548-3610**

 **180 JFK DRIVE, SUITE #350**



SCHEDULE IS SUBJECT TO CHANGE WITHOUT NOTICE



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!

