

# CLASS SCHEDULE - 2020

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

Look us up on Facebook!  [facebook.com/TheEmployeeWellnessCenter](https://facebook.com/TheEmployeeWellnessCenter)

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



scan for  
more info

Day	Time	Duration	Class
<b>Mondays</b>	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
	5:00 PM - 5:30 PM	30 minutes	Mixed Fit Latin Dancing <b>*NEW*</b>
	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
<b>Tuesdays</b>	8:25 PM - 8:45 PM	20 minutes	LMR Legs
	4:30 PM - 4:50 PM	20 minutes	LMR Abs & Core
	4:50 PM - 5:10 PM	20 minutes	LMR Arms & Upper body
	5:10 PM - 5:30 PM	20 minutes	LMR Legs
	6:30 PM - 6:50 PM	20 minutes	LMR Abs & Core
	6:50 PM - 7:10 PM	20 minutes	LMR Arms & Upper body
<b>Wednesdays</b>	7:10 PM - 7:30 PM	20 minutes	LMR Legs
	3:30 PM - 4:00 PM	30 minutes	Boot Camp
	5:30 PM - 6:00 PM	30 minutes	Boot Camp
<b>Thursdays</b>	7:45 PM - 8:15 PM	30 minutes	Boot Camp
	3:30 PM - 4:00 PM	30-45 minutes	Kickboxing
	5:00 PM - 5:30 PM	30 minutes	Mixed Fit Latin Dancing <b>*NEW*</b>
	5:30 PM - 6:00 PM	30-45 minutes	Kickboxing
<b>Fridays</b>	7:45 PM - 8:15 PM	30-45 minutes	Kickboxing
	3:00 PM - 9:00 PM		<b>TTC Weigh-In</b>
<b>Saturdays</b>	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. Check our FB page for up-to-date times.



With over 2,700 employees participated and Over 15,000 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.

14th Annual



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



Jump into this high-energy class that combines cardio training and martial-arts-infused kickboxing! During each full-body workout, participants assault heavy bags with all four limbs, working arms, legs, buttocks, and core muscles while expending calories and improving balance.

- Duration of the workout: 30-45 minutes
- Suitable for all levels: Beginner, Intermediate, and Advanced
- Bring tons of energy to burn. Kickboxing gloves optional

Lean Mean Routine

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
- Try one class at a time or challenge yourself to a full POWER HOUR!

MIXEDFIT LATIN DANCING



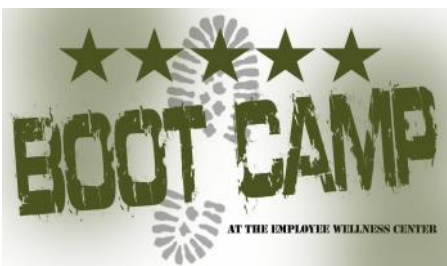
Are you ready to party yourself into shape? That's exactly what the MixedFit Latin Dancing program is all about. It's an exhilarating, effective, easy-to-follow, Latin-inspired, calorie-burning dance fitness-party that's moving people towards joy and health.

- Duration of the workout: 45 minutes
- Suitable for all levels: Beginner, intermediate, and advanced
- Prior dance experience NOT required



**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
- **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: We meet outside 180 JFK Drive**