

CLASS SCHEDULE - 2017

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

Look us up on Facebook!  facebook.com/TheEmployeeWellnessCenter

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



scan for
more info

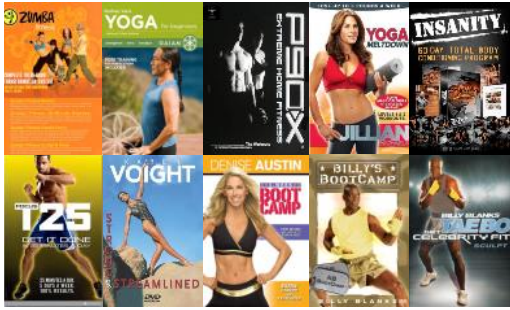
Day	Time	Duration	Class
Mondays	3:30 PM - 3:50 PM	20 minutes	LMR Abs & Core
	3:50 PM - 4:10 PM	20 minutes	LMR Arms & Upper body
	4:10 PM - 4:30 PM	20 minutes	LMR Legs
	5:30 PM - 5:50 PM	20 minutes	LMR Abs & Core
	5:50 PM - 6:10 PM	20 minutes	LMR Arms & Upper body
	6:10 PM - 6:30 PM	20 minutes	LMR Legs
	7:45 PM - 8:05 PM	20 minutes	LMR Abs & Core
	8:05 PM - 8:25 PM	20 minutes	LMR Arms & Upper body
Tuesdays	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
Wednesdays	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
Thursdays	7:45 PM - 8:15 PM	30 minutes	Boot Camp
	4:30 PM - 5:00 PM	30 minutes	Boot Camp
Fridays	3:00 PM - 9:00 PM		TTC Weigh-Ins
Saturdays	9:00 AM - 9:30 AM	30 minutes	Boot Camp

Turn for more training options

Class schedule and times are subject to change. Check our FB page for up-to-date times.

06-2017

NEW EXERCISE VIDEO LIBRARY



Discover the BEST of today's Exercise & Fitness DVDs with our new Exercise Video Library. Burn tons of calories with hot titles like Zumba, Tae Bo, P90X, Yoga and much more!

- DVD workout duration from 20 minutes to 75 minutes
- Suitable for all levels
- Dedicated Room with Sound System



REGISTRATION EXTENDED TO FRIDAY 06/02/17!



With over 2,100 employees participated and over 12,000 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

**Lean
Mean
Routine**

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

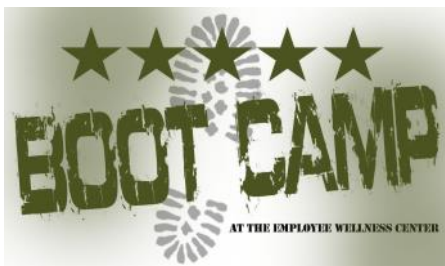
- Duration of the workout: 20 minutes
- Suitable for all levels: Beginner, intermediate, and advanced
- Recommended 1-2 times a week
- Try one class at a time or challenge yourself to a full POWER HOUR!
LMR Weekend Edition: 45 minutes. All major muscle groups mixed up for a great start to the weekend!



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**

SPEEDLINE
The 30-Minute Total -Body Workout



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**

“AVERAGE IS NOT AN OPTION!”