

AdventHealth Wellness Center Orlando

Group Fitness Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
4:30 pm Tribe Yoga Lindy	9 am Tai Chi Jay	5:30 pm BODYPUMP Julie	9 am Tai Chi Jay	9 am Zumba Gold Lexie
5:30 pm BODYPUMP Julie	10 am Band Strength Nicole		10 am Senior Stretch Becca	
	4:00 pm Tribe HIIT Nicole		11 am Yoga for 55+ Becca	
	5:30 pm Zumba Lexie		4:00 pm Tribe HIIT Nicole	

\$5 Day Passes Available

Hours of Operations

Monday thru Thursday:
5:30 am to 8 pm
Friday: 5:30 am - 5:30 pm
Saturday and Sunday: Closed

Visit our website for the most up-to-date group fitness schedule.

Class Descriptions

SCULPT & TONE

Les Mills® BODYPUMP™

The original barbell class that sculpts, tones and strengthens your entire body — fast.

Band Strength

A total body-resistance band workout that includes low-to-medium intensity exercises to strengthen flexibility, improve balance, and work on injury prevention or post injury recovery.

Tribe HIIT

You'll perform a series of H.I.I.T. techniques combined with brief recovery periods to provide a total-body workout with maximum results. This boot-camp style class will tone every inch of your body.

RELEASE

Tai Chi

An ancient Chinese exercise form that emphasizes the natural development of mind, body, spirit. Focus on relaxation, breathing, and alignment of the body. Benefits include improvement physical and mental strength, gracefulness, balance, and flexibility.

Tribe Yoga

Tribe Yoga is a moderate-paced, flowing yoga sequence to build strength and flexibility. This class has an added benefit of allowing students to unwind and relieve stress after a long day.

Senior Stretch.

45-minute beginner-level stretch class is open to seniors of all abilities, including those who require the use of a chair. *Max 12 participants.*

Yoga for 55+

45-minute class focuses on strength, balance, flexibility and mindfulness. Students should be able to move comfortably between various standing and seated yoga poses. *Max 12 participants.*

MOVE

Zumba

Zumba is a dance fitness program with a mix of low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party. It combines all elements of fitness — cardio, muscle conditioning, balance, and flexibility.

Zumba Gold

Active older adults who are looking for a modified Zumba® class that recreates the original moves you love at a lower-intensity and focuses on balance, range of motion and coordination.

Bring a little recess to your workplace. Book a group fitness class for your office or event. Contact us for more information. Department IDT available for AdventHealth units.

