

AdventHealth Wellness Center Orlando

Group Fitness Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
10 am Aerobic Gold Alyssa	10 am Tai Chi Jay	10 am Pump Gold Alyssa	10 am Senior Stretch Becca	10 am Tai Chi Jay
12 pm Lunge & Crunch Alyssa	12 pm BODYPUMP Sue	12 pm Lunge & Crunch Alyssa	11 am Yoga for 55+ Becca	
4:30 pm Tribe Yoga Lindy	4:30 pm Tribe HIIT Alyssa	4:30 pm Zumba* Vicky	12 pm BODYPUMP Sue	
5:30 pm BODYPUMP Julie		5:30 pm BODYPUMP Julie	4:30 pm Tribe HIIT Alyssa	

2520 North Orange Avenue, Suite 101 | Orlando, FL 32804 | 407-303-2552
AdventHealthWellnessCenterOrlando.com

* Takes place on CREATION Park during the months of April, May and June

\$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.



AdventHealth
Wellness Center
Orlando

Class Descriptions

SCULPT & TONE

Les Mills® BODYPUMP™

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

Lunge & Crunch

30 full minutes dedicated to sculpt, tone and chisel your abs and glutes.

Pump Gold

Restore flexibility, strength and stability. This fun, energizing class includes a variety of low-impact strengthening exercises to stimulating music.

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.

Aerobic Gold

Vigorous aerobic style class designed to strengthen the lungs and heart. Low-impact movements that incorporate strength training techniques of moderate intensity. Total body workout focused on balance, flexibility, and stabilization.

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.

