



Class Schedule for Broward Health Medical Center

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:00am	Strength Interval 45 min.		Strength Interval 45 min.		Strength Interval 45 min.		
8:15am	Yoga 60 min.	Pilates 60 min.	Yoga 60 min.	Pilates 60 min.		Step 45 min.	
9:30am		Stretch 60 min.			Yoga 60 min.	Spin 45 min.	
10:00am		Virtual Tai Chi 45 min.		Virtual Tai Chi 45 min.			
11:00am	Chair Strength 45 min.	Chair Yoga/Pilates 60 min.	Chair Strength 45 min.	Chair Yoga 45 min.	Chair Strength 45 min.		
12:00pm	Spin Express 30 min.	Group Personal training in weight room	Spin Express 30 min.	Group Personal training in weight room 30 min.	Spin & Strength 30 min.		
4:15pm			Yoga 60 min.	Yoga 60 min.			
5:30pm (Large Room)	Strength/Cardio Interval 60 min.	Spin 45 min.	Cardio Combat 60 min.	Spin 45 min.	Strength/Cardio Interval 60 min.		
5:30pm (Small Room)				Group Personal training in weight room 45 min.			

The Broward Health Fitness Center at Broward Health Medical Center is now an Active Silver/Fit and Husk Marketplace Provider.

