2015 CMG - FITNESS CLASSES

New Classes February 2nd - April 25th

Betty T. Ferguson Recreational Complex

3000 NW 199th Street, Miami Gardens, Florida 33055

(786) 279 - 1222

*****Schedule Subject to change without notice***

NEW!

Hours of Operations

Monday - Friday 7am - 9pm

Saturday 8am - 9pm

Sunday (Closed)

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8am - 9am	Silver Sneakers Classic				Silver Sneakers Classic	
9am - 10am		NEW! *Instructional Health & Wellness Courses*				NEW! *Fun N Fit Kidz* / *ZUMBA*
10am - 11am	Silver Sneakers Classic	Tone It Up	Silver Sneakers Circuit	Tone It Up	Silver Sneakers Circuit	NEW! *X-Treme Boot Camp*
11am - 12pm	Stretch & Flex		Stretch & Flex			Stretch & Flex
12pm - 1pm	Line Dance	Silver Sneakers Classic	Silver Sneakers Circuit	Silver Sneakers Classic	Silver Sneakers Circuit	
1pm - 2pm			Line Dance	NEW! *A Taste of the Gardens*		
2pm - 6pm	*Fitness Trainers Available in the Fitness Center*					
6pm - 7pm	NEW! *Fun N Fit Kidz* / Line Dance	ZUMBA	NEW! *X-Treme Boot Camp*	ZUMBA		
7pm - 8pm	NEW! *X -Fit*	TNT Kickboxing		TNT Kickboxing		