

Staffed Hours

Mon - Thurs: 9 am -7pm

Fri: 9 am -6 pm

Sat: 9 am -2 pm

Sun: No Staff

ZOO HEALTH CLUB

700 W. Lantana Rd.

Lantana, FL 33462

561-360-2341

Group Fitness Class Schedule Effective 12/01/24

Unlimited classes included with membership.

~~Drop in \$15 or Buy 4 Get 1 FREE with a class card~~

Mon	Tues	Wed	Thurs	Fri	Sat
8:00am Yoga Liz	8:00 am Core Stretch Liz	8:00am Yoga Core Kira	8:00 am Tai Chi Helena	8:00am Yoga Vinyasa Helena	7:30am Tai Chi Helena
9:15am Stretch Liz	9:00am Get Lean Rosa	9:15am Stretch Kira	9:00am Zumba Pamela	9:15am Stability Ball Sculpt & Stretch Kira	8:30am Stretch Liz
10:30am Silver Sneakers Rosa	10:00am Zumba Pamela	10:30am Body Sculpt Cynthia	10:30am Chair Yoga Kira	10:30am Silver Sneakers Cynthia	9:30 ZUMBA Dec 7 th Rosa NO SAT ZUMBA Until Jan 4th
NEW 11:30am Cardio/Sculpt Interval Cynthia	11:30 Chair Yoga Kira	11:30am Silver Sneakers Cynthia	11:30am Silver Sneakers Cardio/Strength Rosa	11:30am Yogalates Liz	10:30am Yogalates Soraya
					11:30am Power Hour Kimon
					Sun
6:00pm Bootcamp Anthony Kromko			6:00pm Pilates Liz		9:30am Yoga Soraya
	7:00pm Yoga Vinyasa Helena	6:30pm Bootcamp Jackie	7:00pm Yoga Vinyasa Helena	6:30 pm Bootcamp Jackie	10:30 NEW Zumba Barbara

Please be courteous and TURN OFF cell phones when entering a class. For your safety and to avoid disruption to a class already in progress,

DO NOT enter a class more than 5 minutes after it has started.

Class schedule is subject to change based on student participation and instructor availability.