



WELLNESS CENTER HOURS:

Mon-Fri: 8:30am-7pm

Sat: 8:30am-12:30pm

Sun: CLOSED

December 2016 Wellness Members Group Fitness Schedule

Instructor/Studio

MONDAY

| | | |
|---------|---|-------------------|
| 9:30am | Aquacise (50 minutes)* | Barbara/Deep Pool |
| 11:00am | Tai Chi: Moving for better balance (30 minutes) | Dotty/Main Studio |

TUESDAY

| | | |
|---------|-----------------------------|----------------------|
| 8:30am | Aerobics (55 minutes) | Cheryl/Main Studio |
| 9:30am | Aquacise (50 minutes)* | Barbara/Deep Pool |
| 10:30am | Beginners Yoga (90 minutes) | CharTara/Yoga Studio |
| 10:40am | Aqua Zumba® (50 minutes)* | Shanna/Deep Pool |

WEDNESDAY

| | | |
|---------|---|-------------------|
| 9:30am | Aquacise (50 minutes)* | Barbara/Deep Pool |
| 11:00am | Tai Chi: Moving for better balance (45 minutes) | Jane/Main Studio |

THURSDAY

| | | |
|---------|---------------------------|--------------------|
| 8:30am | Aerobics (55 minutes) | Cheryl/Main Studio |
| 9:30am | Aquacise (50 minutes)* | Dusty/Deep Pool |
| 10:30am | Yoga Fusion (55 minutes) | Jan/Yoga Studio |
| 10:40am | Aqua Zumba® (50 minutes)* | Shanna/Deep Pool |

FRIDAY

| | | |
|---------|---|--------------------|
| 9:30am | Aquacise (50 minutes)* | Barbara/Deep Pool |
| 11:00am | Tai Chi: Moving for better balance (60 minutes) | Chris /Main Studio |

*Note: No Aquacise or Aqua Zumba class below 55 degrees. Pool will open at 55 degrees.

1060 6th Avenue Vero Beach, FL 32960 • (772) 567-1400

www.thejungleclub.com • [facebook.com/thejungleclub](https://www.facebook.com/thejungleclub)

All classes are subject to substitution and cancellation. Three participant minimum.

The classes offered on the Wellness Center Schedule may change monthly.

Looking for more classes? See a membership advisor today to upgrade your membership!

The **LIVE** class schedule with the latest updates can be viewed from our webpage or Facebook

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*Member Christmas Party-Friday, December 2, 6:30 to 9:30 PM in the arena!

***Holiday Schedule**

CLOSED: Thanksgiving (11/24), Christmas Day (12/25), New Year's Day (1/1) **HALF DAY:** 4:30 am to 12:00 pm Christmas Eve (12/24) and New Year's Eve Day (12/31) Check out the "Live Schedule" for the Group Fitness Class schedule

*FREE FRIEND FRIDAY! Friday, December 12th, bring a friend to a group fitness class for FREE!

Group Fitness Class Descriptions

Aerobics

Start your day off right with this low impact aerobics class. All levels of fitness are welcome.

Aquacise

This low impact, deep-water resistance training class is suited for all levels. Join us in the pool!

Aqua Zumba®

Same music and 'flavor' of a basic Zumba class except that the moves have been 'aqua sized' making this a high energy one of a kind class that can literally accommodate all fitness levels! It is easy to follow and held in the lap pool. The class will not be held if the outside temperature is less than 55 degrees. Aqua shoes, sunglasses and sunscreen are recommended.

Tai Chi: Moving for Better Balance

A gentle way to improve your health and energy, regular practice promotes improved balance, coordination, and stress reduction.

Beginners Yoga

Enjoy the benefits of practicing yoga. Students of all levels are invited to join this class, including those who are brand new to the practice. Work to your own ability and comfort level.

Yoga Fusion

An innovative, ever changing, fun class with a strong foundation based on the principles of yoga, updated with fresh ways to promote greater core strength, improved balance and symmetry, increased body awareness and flexibility and calmer, clearer minds, all leading to a healthier you! All levels welcome in an encouraging, playful environment.

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