

ATHLETICA

HEALTH & FITNESS

Boca Raton Group Fitness Studio Schedule

WWW.ATHLETICAHF.COM/BOCARATON

■ STRENGTH ■ CARDIO ■ STRENGTH & CARDIO ■ STRETCH ■ SENIOR FRIENDLY

FACILITIES THAT INSPIRE YOU

561.609.2262

5994 SW 18TH STREET, D1
BOCA RATON, FL 33433

MON

TUE

WED

THU

FRI

SAT

SUN

8:30-9:30am
MICAH
GET FIT BOOTCAMP
(LOWER BODY)

9:00-10:00am
STACIE
CYCLE

9:30-10:30am
GIADA
ZUMBA

10:30-11:30am
VANESSA
BODY PUMP

12:30-1:30pm
LYDIA S.
SILVER SNEAKERS

5:30-6:30pm
VERONICA
KICKBOXING

6:30-7:30pm
SEPTEMBER
MAT PILATES

8:30-9:30am
LAURA
GET FIT BOOTCAMP
(UPPER BODY)

8:30-9:30am
LORA
CYCLE

9:30-10:30am
NADINE
CHISEL N' SCULPT

10:30-11:30am
GINNY
YOGA

5:30- 6:30 pm
MICHELLE
GET RIPPED!

6:30-7:45pm
SEPTEMBER
TOTAL STRETCH

8:30-9:30am
MIKO
MAT PILATES

9:30-10:30am
VANESSA
BODY PUMP

10:30-11:30am
LEESA
YOGA

1:15-2:15pm
LYDIA S.
SILVER SNEAKERS

5:30-6:30pm
STACY
CYCLE

6:30-7:30pm
CECE
ZUMBA

8:30-9:30am
LAURA
POWER HOUR

9:30-10:30AM
YESI
ZUMBA

10:45-12:00pm
PAM
YOGA

6:30-7:45pm
SEPTEMBER
BARRE PILATES

8:30-9:30am
SHARON
CYCLE

8:30-9:30am
MICAH
TOTAL BODY BOOTCAMP

10:30-11:30am
LEESA
YOGA

5:30- 6:30 pm
MICHELLE
GET RIPPED!

8:00-9:00am
FOTIS
CYCLE

8:30-9:30am
JOSH
ELEVENTH ELEMENT

9:30-10:30am
NADINE
CHISEL N' SCULPT

10:30-11:30am
SEPTEMBER
STRETCH-A-LATES

4:30-5:30pm
GINNY
YOGA

9:30-10:30am
SHARON/BRYAN
CYCLE

9:30-10:30am
PAMALA W.
BARBELL BLAST

10:30-11:45am
PETER/GINNY
POWER YOGA

11:45-1:00pm
PETER/GINNY
YOGA



FITNESS CLASS INFORMATION

VISIT US ONLINE FOR MORE INFORMATION AND UPDATES

WWW.ATHLETICAHF.COM/BOCARATON



MAT PILATES: Pilates is a type of low-impact workout that incorporates light resistance training by performing small, repetitive, intense movements with a strong focus on the core muscles that helps build strength and develop balance.

POWER YOGA: Power yoga is designed specifically to improve muscle strength and cardiovascular endurance. The poses are challenging, and you move from one pose to the next quickly.

YOGA: Yoga is a type of exercise in which you move your body into various positions in order to become more fit or flexible, to improve your breathing, and to relax your mind.

STRETCH-A-LATES: Our stretch classes are very popular, and for good reason. Compliment your workout regimen with this class, which promotes long, lean muscles and head-to-toe flexibility.

TOTAL STRETCH: This is exactly what the name suggests. This class is all about setting aside dedicated time to deeply stretch your muscles.

BARRE PILATES: This pilates class incorporates a ballet barre and holds a strong emphasis on stretching and relaxing your muscles. Exercisers at just about any fitness level can sign up for this barre fitness class.

SILVER SNEAKERS: This is a beginner-friendly strength class for seniors. It focuses on strengthening muscles and increasing range of movement for daily life activities. Participants can use hand-held weights, bands, a pilates ring, and a Silver Sneakers ball. A chair is used for seated exercises or standing support.

TOTAL STRENGTH: Fun, functional and always fresh, this workout helps tone and fine-tune major muscle groups to ignite total-body strength and coordination. This class is appropriate for all fitness levels.

GET FIT BOOTCAMP: This class is a total body strength and conditioning workout that focuses on building muscle while burning a lot of calories. All fitness levels are welcome as exercises can be modified to meet your needs. This high intensity workout will give you results, a sense of accomplishment, and new friends!

GET FIT BOOTCAMP (LOWER BODY):

Lower-body exercises are designed to build strength in the lower back, hips, glutes, and legs. Lower-body exercises include lunges, squats, deadlifts, and more. Exercising your lower body builds foundational strength for everyday movements.

GET FIT BOOTCAMP (UPPER BODY):

Upper-body exercises build strength in the upper body by targeting muscle groups in the shoulders, arms, chest, abs, and back. Strong upper-body muscles can help improve your athletic performance, increase your stamina, and provide stability.

BODY PUMP: Stop counting the rep and start training to the beat. Every squat, every lunge, every burpee is driven by the music, helping you make it to that last rep, and maybe even five more.

BARBELL BLAST: The ultimate barbell workout for anyone looking to get lean, toned and fit – fast. This class uses motivating music and proven techniques to challenge every major muscle.

ZUMBA: Zumba is a form of aerobic fitness exercise based on Latin American dance rhythms. Participants are taught some basic easy-to-learn movements set to upbeat salsa and international music. Essentially, Zumba is a fun, high-energy workout experience that keeps you excited to exercise and return for more.

CYCLE: In our cycle class, cardio training meets inspired playlists, with a variety of drills, intervals, and challenges. Climb, sprint, and let the energy move you.

KICKBOXING: This class takes a sports conditioning training approach and expertly blends authentic strength training for a heart-healthy workout. You are constantly developing strength, agility, flexibility and balance.

POWER HOUR: This class will focus on building your body from the ground up, leaving no muscle behind. These sessions combine aerobic and anaerobic activity to ensure you are building strength, cardio and endurance.

ELEVENTH ELEMENT: This is a total body conditioning class, including exercises to improve aerobic fitness, strength, and flexibility. Every class is different, keeping it fresh and fun!

CHISEL N'SCULT: A combination class; muscle conditioning exercises with cardio bursts in between work major muscle groups maintaining heart rate in the fat burning zone while building muscle tone!

GET RIPPED: Try this amazing, whole-body workout that builds strength and endurance. Think about it as a 60-minute one-stop-shop workout.