Cleveland Clinic
Martin Health

Hobe Sound Group Exercise Class Schedule

11600 S.E. Federal Hwy
Hobe Sound, FL 33455
772.223.4927

October 2026

Monday	Tuesday	Wednesday	Thursday	Friday
9:00-10:00am **Resistance Training** **Carole**		9:00-10:00am **Pilates w/ Props** **Carole**	9:00-10:00am **Resistance Training** **Carole**	9:00-10:00am **Pilates w/ Props** **Carol**
10:15-11:15am **Stretch & Core** **Carole**	10:30-11:30am ***Silver Sneakers®*** ***Cardio Circuit*** **Mary D**	10:15-11:15am ***Stretch & Core*** **Carole**	10:30-11:30am **Silver Sneakers Classic** **Mary D**	
11:30am-12:30pm ***Silver Sneakers®*** ***Classic*** **Mary D**		11:30am- 12:30pm **Better Balance** **Mary D**		
		12:45-1:45pm **Chair Yoga** **Mary D**		

Visit our website at my.clevelandclinic.org/Florida for all programs and services.

MEMBERS
Please clean equipment after use.
Please wear proper footwear to classes (no flip flops, sandals, open heel, open toe or Crocs, unless Dr. note is provided)
Participants will be required to bring their own yoga mat or floor mat.
Please Arrive on time for Classes and be respectful of other Members and Staff

Group Exercise Class Descriptions

Mind & Body

Restorative Yoga: A beginner level class which focuses on a deeper stretch and relaxation so to restore the senses and feel rejuvenated.

Vinyasa Yoga: Vinyasa yoga synchronizes movement with breath, linking the postures together into a dynamic practice. The breath is used as a constant point of reference for returning to and resting in the present moment. All levels are welcome. *****Persons with hypertension or cardiac history should speak to instructor regarding isometric exercises.

Slow Flow Yoga: Moving with the breath, we practice slowly and mindfully at a pace that allows for exploration of each pose. Through our yoga practice we strengthen our bodies, unwind from the day and find that connection between mind, body and spirit.

Core Yoga: A blend of low impact aerobics, yoga and palates moves designed to strengthen the core muscles that bring the upper and lower body together. Some light props may be used.

Cardio & Strength

Fit Forever: Class starts with an aerobic based workout to get the body moving, then comes the functional strength and stretch section, designed to help with everyday activities

Low Intensity Interval Training (LIIT): Each class will focus on the workout of the day including strength and endurance exercises.

Resistance Training: Sculpt your body as you rotate from weights to low impact aerobics.

Zumba: This fusion of Latin and international music along with dance themes creates a dynamic, exciting and effective workout sure to get your heart pumping. ***With Toning:*** use of light weights for strengthening exercises.

Cardio Sculpt: Get up and go with aerobics. 30-minute cardio and 30min body sculpt.

Balance & Core

Better Balance: Learn balance and fall prevention techniques, improve confidence and independence, improve muscular and core strength

Pilates: This is a beginner level mat class for those who are working on mastering the basics of Pilates, as well as for anyone new to the principles of the Pilates method of body conditioning. You will learn the concepts of core strength alignment, breath and control as well as all the beginning mat exercises. No prior knowledge of Pilates is required. **Props** includes the use of small equipment.

Pilates with Props – Pilates mat class incorporating the use of some small equipment.

Stretch & Core: A perfect therapeutic non-impact workout designed to increase range of motion and improve flexibility as well increase abdominal and low back strength.

Tai Chi for Health: A series of slow, graceful, controlled body movements. These movements have been compared to yoga and ballet. Excellent class for balance and fall prevention.

Yo-Lates: This is a 60-min yoga-Pilates/sculpt fusion class. It blends yoga poses with certain Pilates and barre movements. Pairing yoga with other disciplines lets you burn more calories than yoga alone, while still getting the benefits of the practice. Long holds, and small, microscopic movements you will work your core and glutes.

Silver Sneakers®

Classic: Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles and a Silver Sneakers ball are offered for resistance. A chair is available if needed for seated or standing support.

Cardio Circuit: A mixture of strength and cardio while using a variety of props during the class.

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Hobe Sound Health & Fitness Hours	
Mon – Friday:	6 am – 5pm
Saturday:	CLOSED
Sunday:	CLOSED