Cleveland Clinic
Martin Health

Palm City Group Exercise Class Schedule

3066 SW Martin Downs Blvd
Palm City, FL 34990
772.781.2722

CYCLING STUDIO SCHEDULE — October 2026

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	9:15-10:15am **Bootcamp Cycling** **Steffi.**		9:15-10:15am **Cycling** **Steffi**			

Indoor Rowing Classes



		9:15-10:15am **Suzy**	10:30-11:30am **Steffi**	9:15-10:15am **Suzy**		

AEROBICS STUDIO SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:00 -9am ***Vinyasa Yoga*** **Kim**	**8:00 – 9:00am** ***Body Bliss*** **Grace** **(Sneakers required)**	**8:00-9:00am** **Yoga** **Rita**	**8:00- 9:00 am** ***Vinyasa Yoga*** **Kim**	**8:00-9:00am** **Boot Camp** ***Gloria***		
9:15 – 10:15am **Circuit Boot Camp** Gloria	9:15 – 10:15am ***TBC/Tabata*** ***Osvaldo***	9:15 – 10:15am ***Strength on the ball*** ***Amy***	9:15 – 10:15am ***TBC/Tabata*** ***Osvaldo***	9:15 – 10:15am ***Stretch and Core*** Rita	9:15 – 10:15am ***TBC/ Tabata*** Osvaldo	
10:30-11:30am ***Mat Pilates Plus*** Osvaldo	**10:30-11:30am** **Bootcamp** **Steffi**	10:45 – 11:45am **Power Yoga** Kim	10:30 – 11:30am **Mat Pilates** Osvaldo	10:30-11:30am ***Mat Pilates*** Connie	10:30-11:15am **Total Body Stretch** Osvaldo	10:30-11:30 am ***Vinyasa Yoga*** *Connie*
11:45 -12:45pm ***SilverSneakers® Classic*** Osvaldo	**12:00 – 1:00pm** ***Tai Chi*** **Nancy H.**	12:00 -1:00pm ***SilverSneakers® Cardio*** Osvaldo	**12:00 –1:00pm** ***Tai Chi*** **Nancy** H.	12:00 -1:00pm ***SilverSneakers® Tone*** *Osvaldo*		
	1:30-2:30pm ***SilverSneakers® Tone*** Osvaldo	1:15 – 2:15pm ***SilverSneakers® Chair Yoga*** Osvaldo		1:15 – 2:15pm ***SilverSneakers® Chair Yoga*** *Osvaldo*		
	2:45-3:45pm **$ Parkinson's** **Curt**	**2:30 – 3:30pm** **Better Balance** **Osvaldo**	**2:45-3:45pm** **$ Parkinson's** **Curt**	***2:30 – 3:30pm*** ***Better Balance*** ***Osvaldo***		
3:00-4:00pm ***SilverSneakers® Classic*** **Osvaldo**		~~3:45 – 4:45pm~~ ~~**Zumba Gold**~~ Cancelled				
4:15-5:15pm ***Brain Fitness*** **Osvaldo**						
~~5:30 – 630pm~~ ~~***Zumba Tone***~~ ***Cancelled***	**5:45-6:45pm** **Boot Camp** **Suzy**					

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

MEMBERS

Please clean equipment after each use. Please wear proper footwear In Fitness Center (no flip flops, Sandals, open heel, open toe, or Crocs (unless a doctor note is provided). Please arrive on time for classes and be respectful of other members and staff.

Group Exercise Class Descriptions

Mind & Body *Persons with hypertension or cardiac history should speak to instructor regarding isometric exercises.

- **Body Bliss:** Start the day off right feeling "fresh and fabulous" as you shape and tone your body, increase your awareness and gain more flexibility. **(Sneakers Required)**
- **Tai Chi:** A series of slow, graceful, controlled body movements to improve balance, flexibility and core stability.
- **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.
- **ESSENTRICS® Aging Backwards**: This is an age reversing workout that will restore movement in your joints, flexibility in your muscles, relieve pain, and stimulate your cells to increase energy, vibrancy, and your immune system. A slow-paced, full body workout created by the author of Forever Painless and the New York Times bestseller, Aging Backwards. **(Mat and Towel Required)**

Cardio & Strength

- **Cycling:** Check out our studio with Schwinn Spin Bikes which include computers that show you Watts, RPM's and Distance! Feel the road during this heart pumping class suitable for all ages and fitness levels because you can adjust your resistance.
- **Cycle Boot Camp:** Get ready to burn fat and tone your whole body by alternating cycling with off-the-bike resistance training.
- **HIIT:** Each class will focus on the workout of the day including strength and endurance exercises that will keep your heart pumping.
- **Resistance Training:** Sculpt your body as you rotate from weights to low impact aerobics.
- **Rowing Fusion:** 8 people max – sign up in advance at the front desk. 45 – 60 min. of heart pounding rowing intervals mixed with functional movements on and off the Kinesis machine. Suitable for all ages and fitness levels.
- **Strength On the Ball:** This class will challenge you with a full body workout using weights and incorporating the Bosu and the stability ball. This fun and energetic class will give you a unique total body workout.
- **Total Body Conditioning (TBC):** Be ready to mix it up as you will be incorporating free weights, weighted bars, bands and step aerobics with an emphasis on cross-training techniques. Classes are taught in an interval format.
- **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.
- **Zumba Gold:** a modified Zumba class for active older adults that recreates the original moves you love at a lower intensity.
- **Zumba with Toning:** The challenge of adding light weight resistance and additional fitness moves helps you focus on specific muscle groups, so you (and your muscles) stay engaged!
- **Tabata:** A high intensity, full body workout with training protocol consisting of 8 roundsof30/20seconds of all out, maximum effort exercise followed by 10 seconds of rest.

Balance & Core

- **Stretch & Core:** A perfect therapeutic non-impact workout designed to increase range of motion and improve flexibility as well as teach relaxation.
- **Pilates:** You will learn the concepts of core strength alignment, breath, and control as well as all the mat exercises. No prior knowledge of Pilates is required.
- **Pilates +:** Pilates Plus blends the traditional Pilates mat work which focuses on core strength with functional exercises.
- **Better Balance:** Learn balance and fall prevention techniques, improve confidence and independence, improve muscular and core strength.

SilverSneakers®

- **Cardio:** Get up and go with an aerobics class that's safe, heart-healthy and gentle on the joints. Workouts include easy-to-follow low-impact movement, and upper-body strength, abdominal conditioning, stretching and relaxation exercises designed to energize your active lifestyle.
- **Circuit**: Combine fun with fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper-body strength work with hand-held weights, elastic tubing with handles, and a Silver Sneakers ball alternated with low-impact aerobics choreography. A chair is used for standing support, stretching and relaxation exercises.
- **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 seating or standing support.
- **Yoga:** Silver Sneakers Yoga will move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of seated and standing postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity.

Paid Fitness Classes

- **Parkinson's Fitness ($):** This class incorporates boxing with other exercises to improve strength, balance, mobility and quality of life for people with Parkinson's disease. *Cost: Members $5/single – Non-members: $8/single*
- **HIT Circuit Breakers ($):** *Small Group personal Training Class lead by our Certified Personal Trainers. This Class incorporates High Intensity Training with a combination of core and Flexibility in a 45min fast paced workout. (modifications can be made for all levels)*

Health & Fitness Center Hours

Mon – Friday	**5:30 am – 7:30 pm**
Sat	**7:00 am – 3:00 pm**
Sun	**8:00 am – 3:00 pm**