

# Fitness

Yoga	18 & Up	Mon	6:30 - 7:45 pm	❖	\$12/class   \$50/5 classes   \$90/10 classes
	18 & Up	Wed	7:15 - 8:30 pm	❖	\$12/class   \$50/5 classes   \$90/10 classes
	18 & Up	Fri	8:45 - 10 am	❖	\$12/class   \$50/5 classes   \$90/10 classes Emma Lou Olson C.C. Registration fee required.
	18 & Up	Fri	9:30 - 10:30 am	❖	\$10/class OR \$80/10 classes Herb Skolnick C.C. Registration fee required.
	18 & Up	Tue & Sat	9:30 - 10:45 am	❖	\$10/class   \$80/10 classes
	55 & Up	Mon	9:30 - 10:30 am	❖	\$12/class   \$50/5 classes   \$90/10 classes Herb Skolnick C.C. Specifically designed for participants who may have trouble doing traditional yoga on a mat. Instructor: Richard Brookens.
	18 & Up	Tue & Thu	4 - 5 pm		<b>FREE</b> North Pompano Park. Experience physical & spiritual body alignment through yoga.
Jazzercise	18 & Up	Mon & Wed	4:40 - 5:40 pm	❖	\$36/month (auto pay) OR \$90/2 months (cash/check)
	18 & Up	Mon - Thu	5:45 - 6:45 pm	❖	\$36/month (auto pay) OR \$90/2 months (cash/check)
	18 & Up	Sat	8:45 - 9:45 am	❖	\$36/month (auto pay) OR \$90/2 months (cash/check) Emma Lou Olson C.C. Registration fee required.
Jazzercise Lite	18 & Up	Tue & Thu	9:30 - 10:30 am	❖	\$36/month (auto pay) OR \$70/10 classes Emma Lou Olson C.C. Registration fee required. Info: 954.785.7973
	18 & Up	Mon, Wed & Fri	9:30 - 10:30 am	❖	\$36/month (auto pay) OR \$70/10 classes Herb Skolnick R.C. Registration fee required.
Zumba	18 & Up	Tue & Thu	7 - 8 pm	❖	\$7/class OR \$55/10 classes
	18 & Up	Sat	9 - 10 am	❖	\$7/class OR \$55/10 classes Emma Lou Olson C.C. Registration fee required.
	18 & Up	Mon & Wed	5:30 - 6:30 pm	❖	\$7/class OR \$55/10 classes Herb Skolnick C.C.
Kai/Nia Creative Movement	18 & Up	Tue	11:30 am - 12:30 pm	❖	\$12/class OR \$100/10 classes
	18 & Up	Sat	12:30 am - 1:30 pm	❖	\$12/class OR \$100/10 classes Emma Lou Olson C.C. Registration fee required.

# Teens

Just-4-Teens	12 - 17	M, W & Th	6:30 - 8:30 pm	+	\$25 (Annual Membership Fee) Highlands Park. A recreation club for teens to provide safe, fun, and engaging opportunities that builds important life, citizenship and leadership skills. Middle level and high school students. Field trips, guest speakers, games and community service projects are some of the activities. School service hours available.
North Pompano Steppers	13 - 17	1 <sup>st</sup> & 3 <sup>rd</sup> Sat	10 - 2 pm	+	\$25 (Registration Fee) North Pompano Park. This step team is an outlet aimed at promoting physical health, athleticism and teamwork through stepping. Steppers on this team must maintain academic excellence while on the team. Additional fees apply.
Club HYPE	12 - 17	Mon, Wed & Thu	6:30 - 8:30 pm	+	<b>FREE</b> McNair Park & R.C. Club HYPE (Helping Young People Excel) is a teen club that encourages teens to explore new opportunities and challenges. Activities offered opens teens to new experiences as well as provide positive alternatives to undesirable activities that will allow them to become productive, responsible and caring citizens. Field trips, guest speakers, games and community service projects are some of the activities. School service hours available.
Chat & Chew	14 - 17	Wed	6:30 - 8 pm	+	<b>FREE</b> Mitchell/Moore R.C. Teens will debate various topics from movies, books, politics, relationships and family. Topics will be drawn at random for discussion.
Techie Teenz	12 - 17	Mon & Wed	10 - 2 pm	+	<b>FREE</b> Highlands Park R.C.
Teens M.A.S.C.	10 - 17	2 <sup>nd</sup> & 4 <sup>th</sup> Thu	7 - 8:30 pm	+	<b>FREE</b> Mitchell/Moore R.C. A recreational program where boys learn from the example set by their adult leaders. Leadership will consist of only males with high character and the singular goal of developing well-rounded young men. Program begins April 9 and runs through October 22.

ALL activities and prices are subject to change. Please call ahead to confirm.