



Port St. Lucie
PARKS & RECREATION

ONE MEMBERSHIP

**TWO
LOCATIONS**



FITNESS MEMBERSHIP

- ✓ Over 60 Fitness Classes Offered
- ✓ Silver Sneakers & Prime Provider
- ✓ Renew Active Provider

**12 Month
Contract**

\$19.95/Month PLUS APPLICABLE SALES TAX
All Ages



COMMUNITY FITNESS & WELLNESS CENTER

2195 SE Airoso Blvd.
Port St. Lucie, FL 34984

772-873-6432



CIVIC CENTER HUMANA FITNESS & WELLNESS

9221 SE Civic Center Pl.
Port St. Lucie, FL 34952

772-807-4499

ADULT Ages 18-59.

\$5 per day

\$33 per month (\$30 with autopay)

\$300 per year

STUDENT & SENIOR

Student: Ages 15-18+ with ID.
Senior: Ages 60 & older.

\$4 per day

\$30 per month (\$25 with autopay)

\$270 per year

YOUTH Ages 14 & under.

\$3 per day

\$25 per month (\$20 with autopay)

\$220 per year

CLASSES

Cycling

Cycling is an aerobic exercise that takes place on a specially-designed stationary bike.

Senior Fitness

Designed to increase muscular strength, range of motion, coordination, agility, and balance to improve the participant's daily living.

Yoga

Learn different breathing techniques, postures and meditations that will improve your health and unlock your potential.

Gentle Yoga

Balance your body and mind with a motivating approach and relaxing atmosphere.

Chair Yoga

Balance your body and mind all while sitting in a chair.

Relaxation Yoga

Focus, breathe, become centered, relieve stress and tension while you practice skills for coping with everyday stress.

Core & More

Focus on strengthening the core muscles, abdominals, glutes and thighs and will include some fat-burning cardio!

Boot Camp

This fast-paced, high-intensity workout will incorporate muscle toning.

Brain Fitness

50 minutes of fun and educational exercises for the brain. Word games, memory games, puzzles, art projects and take-home exercises.

Functional Training

Improve overall strength, coordination, range of motion, and flexibility.

Zumba & Zumba Gold

It's an exhilarating, effective, easy-to-follow, Latin-inspired, calorie-burning dance fitness-party that's moving millions of people toward joy and health.

Cardio, Kick & Sculpt

This class is designed to strengthen and sculpt every major muscle group utilizing hand weights and/or barbells and other equipment.

Slow Flow Vinyasa Yoga

A slower-paced class, focused on safe alignment principles. Experience the joy of matching breath to motion while building strength and fluidity in your body.

