



# MAY SCHEDULE

1100 E Hallandale Beach Blvd, Fl 33009/T. 954.456.6945/52/www.omechaye.com



Monday	
7:00-8:00am F <b>NEW!</b>	<b>Power Trainer</b> Sue Ellen
8:30-9:30am C	<b>Cycling</b> Luis Best
8:30-9:30am P	<b>Basic Yoga</b> Javier Wilensky
8:30-9:30am F	<b>Zumba @</b> Edgar Levano
9:30-10:30am F	<b>Ultimate Workout</b> Alex Cohen
9:30-10:45am P	<b>Yoga Multilevel</b> Javier Wilensky
10:45-12:00pm P	<b>Vinyasa Yoga</b> Jessica Gabbay
11:30-12:30pm F	<b>Zumba Gold@</b> Carla Valencia
12:15-1:15pm P <b>NEW!</b>	<b>Pilates Barre</b> Ana Bustillo
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4:00-5:00pm P	<b>Kids Yoga</b> Cookie
5:30-6:30pm F	<b>Pilates Mat</b> Alex Cohen
5:30-6:30pm P	<b>YogaWorks style</b> Edwin Bergman
6:30-7:30pm C	<b>Cycling</b> Luis Best
6:30-7:30pm P	<b>Prenatal Yoga Kundalini</b> Jiwan Kaur
6:30-7:30pm F	<b>Zumba @</b> Cristian
7:30-9:00pm P	<b>Kundalini Yoga</b> Jiwan Kaur

Tuesday	
8:30-9:30am C	<b>Cycling</b> Raul Duarte
8:30-9:30am P	<b>Pilates Mat</b> Alex Cohen
8:30-9:30am F	<b>Zumba @</b> Martin Del Villar
9:30-10:30am F <b>NEW!</b>	<b>Body Pump @</b> Claudia Murciano
9:40-10:40am P	<b>Vinyasa Yoga Beginners</b> Joann Varini
10:45-11:45am P	<b>Vinyasa Yoga Inter/ Advance</b> Joann Varini
11:45-1:00pm F	<b>Prenatal Yoga Kundalini</b> Jiwan Kaur
12:15-1:15pm P	<b>Heart Center Meditation</b> Marco sprintis
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1:00-2:00pm P	<b>Postnatal Kundalini yoga</b> Jiwan Kaur
4:30-5:30pm F	<b>Zumbatomic@</b> Tamnia Amthor
5:30-7:00pm P	<b>Hot Yoga</b> Penny itzkovits
5:30-6:30pm F	<b>Body Sculpting</b> Claudia Murciano
6:30-7:30pm F	<b>Zumba @</b> Suyumi Quiroz
7:30-8:30pm F <b>NEW!</b>	<b>Body Pump @</b> Suyumi Quiroz
7:30-8:45pm P	<b>Basic Yoga</b> Javier Wilensky
8:30-9:30pm F <b>NEW!</b>	<b>Muay Thai Thai Boxing</b> Marcos Wilamowsky

Wednesday	
7:00-8:00am F	<b>Power Training</b> Alex Cohen
8:30-9:30am F	<b>Body Sculpting</b> Alex Cohen
9:30-10:30am C	<b>Cycling</b> Lester Sanchez
9:30-10:30am F	<b>Zumba Toning@</b> Suyumi Quiroz
9:30-11:00am P	<b>Hot Yoga</b> Penny itzkovits
10:45-12:00pm F	<b>Vinyasa Yoga</b> Jessica Gabbay
12:00-1:00pm F	<b>Zumba @</b> Cristian
12:15-1:15pm P <b>NEW!</b>	<b>Pilates Barre</b> Ana Bustillo
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5:30-6:30pm F <b>NEW!</b>	<b>Body Pump @</b> Dearin Priester
5:30-6:30pm P	<b>Yoga Multilevel</b> Javier Wilensky
6:30-7:30pm F	<b>Zumba @</b> Cristian
6:30-7:30pm C	<b>Cycling</b> Luis Best
7:00-8:15pm P	<b>Hot Power Yoga</b> Alex Cohen
7:30-8:30pm F	<b>Boot Camp</b> Luis Best

Thursday	
8:30-9:30am P	<b>Back Alignment Yoga</b> Javier Wilensky
8:30-9:30am F	<b>Body Sculpting</b> Claudia Murciano
8:30-9:30am C	<b>Cycling</b> Faye Perelis
9:30-10:30am F	<b>Zumba</b> Edgar Levano
9:40-10:40am P	<b>Yogilates</b> Alex Cohen
10:45-11:45am P	<b>Vinyasa Yoga</b> Joann Varini
12:15-1:15pm P	<b>Restorative Pranayama Yoga</b> Joann Varini
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5:30-7:00pm P	<b>Hot Yoga</b> Penny itzkovity
4:30-5:30pm F <b>NEW!</b>	<b>Boot Camp</b> Alex Cohen
5:30-6:30pm F	<b>Cardio Kick Boxing</b> Alex Cohen
6:30-7:30pm F	<b>Zumba @</b> Martin Del Villar
7:30-8:30pm P	<b>Restorative Yoga</b> Javier Wilensky Magali Wilensky
7:30-8:30pm C	<b>Cycling</b> Lester Sanchez

Friday	
8:30-9:30am P	<b>Basic Yoga</b> Javier Wilensky
8:30-9:30am F	<b>Cycling</b> Alex Cohen
8:30-9:30am F <b>NEW!</b>	<b>Body Pump @</b> Faye Perelis
9:30-11:00am P	<b>Kundalini yoga</b> Jiwan Kaur
9:30-10:30am F	<b>Cardio &amp; Tone</b> Alex Cohen
10:30-11:30am F	<b>Zumba @</b> Cristian
11:00-12:00pm P	<b>Yoga Multilevel</b> Alex Cohen
6:00-6:45pm C	<b>Cycling</b> Lester Sanchez
5:30-6:30pm F	<b>Zumba @</b> Cristian

Saturday	
9:00-9:45am C	<b>Cycling</b> Luis Best
9:30-10:45am P	<b>Yoga Multilevel</b> Javier Wilensky
10:00-11:00am F	<b>Circuit Training</b> Alex Cohen
11:00-12:30pm P	<b>Yoga Multilevel</b> Alex Cohen
11:00-12:00pm F	<b>Zumba @</b> Suyumi Quiroz
12:15-1:15pm F <b>NEW!</b>	<b>Body Pump @</b> Suyumi Quiroz

Sunday	
9:45-11:15am P	<b>Hot Yoga</b> Penny itzkovits
10:00-11:00am C	<b>Cycling</b> Lester Sanchez
10:00-11:00am F <b>NEW!</b>	<b>Body Pump @</b> Dearin Priester
11:15-12:15pm F	<b>Zumba @</b> Martin Del Villar
12:15-1:00pm C	<b>Cycling</b> Luis Best



**Monday:**  
10:30-11:30am w/ Alex Cohen  
7:30-8:30pm w/Alex Cohen

**Thursday:**  
10:45/11:45 w/ Alex Cohen  
7:30-8:30pm w/Alex Cohen  
12:00-1:00pm w/Alex Cohen **NEW!**

References: **F** Fitness Room **P** Peaceful Place **C** Cycling Room **K** Kids



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:35-9:30am <b>Pilates Reformer All Levels</b> PI <b>NEW!</b> Alex Cohen	8:35-9:30am <b>Pilates Reformer Intermediate</b> PI Sharon Felix	8:35-9:30am <b>Pilates Reformer All levels</b> PI Annie	8:35-9:30am <b>Pilates Reformer All levels</b> PI Alex Cohen	8:35-9:30am <b>Pilates Reformer All levels</b> PI Sharon Felix	9:00-9:55am <b>Pilates combo Intermediate</b> PI Alex Cohen	10:05-11:00am <b>Pilates Reformer Intermediate</b> PI Gali Fitoussi
9:35-10:30am <b>Pilates Reformer All levels</b> PI <b>NEW!</b> Alissa	9:35-10:30am <b>Pilates Reformer Tower combo</b> PI Alex Cohen	9:35-10:30am <b>Pilates Reformer Intermediate</b> PI Alex Cohen	9:35-10:30am <b>Pilates Reformer All Levels</b> PI Sharon Felix	10:35-11:30am <b>Pilates Reformer Beginners</b> PI Debbie Lang`	12:30-1:30pm <b>Pilates Reformer All levels</b> PI Alex Cohen	11:05-12:00pm <b>Pilates Reformer All levels</b> PI Gali Fitoussi
10:35-11:30am <b>Pilates Reformer</b> PI Sharon Felix	10:45-11:40am <b>Pilates Reformer All levels</b> PI Alex Cohen	10:35-11:30am <b>Pilates Reformer Intermediate</b> PI Alex Cohen	10:45-11:40am <b>Pilates Reformer Tower combo</b> PI <b>NEW!</b> Gali Fitoussi			
4:35-5:30pm <b>Pilates Reformer Intermediate</b> PI Alex Cohen	5:35-6:30pm <b>Pilates Reformer Begginer</b> PI Sharon Felix	5:35-6:30pm <b>Pilates Reformer All levels</b> PI Sharon Felix	6:35-7:30pm <b>Pilates Reformer All levels</b> PI Alex Cohen			
6:35-7:30pm <b>Pilates Reformer Beginners</b> PI <b>NEW!</b> Alex Cohen	6:35-7:30pm <b>Pilates Reformer Tower Combo All levels</b> PI <b>NEW!</b> Gali Fitoussi	6:35-7:30pm <b>Pilates Reformer All levels</b> PI Sharon Felix				

## WORKSHOP/EVENT:

### Shamanic Healing Workshop

With Marcos & Tita Sprintis  
Sunday, May 6, 12:30- 3:00pm

Venture into an amazing journey and learn the shamanic techniques. Connect with your "Power-Animals" and "Guides" through the powerful sound of the drum. During this workshop, you will learn how to read and interpret your patterns and your "soul journey". All participants will have a Soul Retrieval and Shamanic Healing session.  
Let the animal spirit flow through your body and soul!

### Cycling Master Class

with lester Sanchez

Saturday, May 11, 9:00-11:00am

Join us in this super-vibrant Cycling class with Lester! 2 hours of intense activity and lots of fun.

Start your Saturday full of energy!

For members: \$10.00  
Non-members: \$25

### PROMOS:

10 ZUMBA CLASSES FOR \$90  
25 ZUMBA CLASSES FOR \$200

10 CYCLING CLASSES FOR \$110

MASSAGE FROM \$69

ACUPUNCTURE FROM \$25

A FREE MANICURE WITH YOUR PEDICURE (first timers only)

# PILATES

## Pilates Mat

A great class for beginners, adaptable to any fitness level. All the fundamental movements and principles are incorporated in the mat exercises.

## Pilates Reformer

A Pilates machine that allows you to complete precise movements, developing alignment, core strength and flexibility. This class is given by appointment only.

# WELLNESS

## Meditation

Meditation refers to the practice where the goal is to achieve a deep state of relaxation of awareness, reducing stress. We offer many different types of meditation classes.

# SCHEDULE



# FITNESS

## Ultimate Workout

This class will get you into peak shape fast. Build and tone your muscles, feel stronger and lose weight. Most of the exercises require only the use of the body weight as resistance, which is ideal for strength conditioning.

## Cycling

Join one of the most successful fitness methods to lose weight and burn calories. Although classes are coordinated by a cycling teacher, participants control their own pace. All fitness levels are welcome.

## Zumba

This class combines high energy, motivating music and unique moves. It is based on the principle that working out should be fun and easy to do. Burn calories with this mixture of body sculpting movements and easy-to-follow dance steps.

## Zumba Toning

This class blends body-sculpting techniques and Zumba moves into a calorie-burning and strengthening workout. You will use weighted, maraca-like Zumba Toning Sticks to enhance rhythm, build strength and tone your muscles.

## Circuit Training

This is an ideal class for developing strength, endurance, flexibility and coordination. A great time saver, it can be a refreshing and fun change from your regular workout.

## Cardio & Tone

This class includes choreographed cardio movements with a total body-conditioning routine. Work your abdominals and stretch your muscles in a dynamic environment.

## Cycling with Abs

Shape your abdominals while taking advantage of all the benefits of cycling. Lose weight and improve your physical appearance with this dynamic class.

## Cardio Kick Boxing

This energetic class combines boxing, martial arts and aerobics, without any physical contact between the apprentices. Improve your flexibility, strength and coordination, having fun in the process.

## Body Sculpting

This is a non-cardiovascular workout in which you will shape your body and make your muscles stronger.

## Boot Camp

This class goes from one exercise to another with no rest. The workouts involve calisthenics-like pushups, jumping jacks, crunches and other body weight exercises. In boot camp, your challenge is to take your body to its limit...the difference lies in the intensity. Your hard work and sweat helps you burn tons of calories.

# YOGA

## Hot Yoga

Hot Yoga consists of a series of yoga poses done in a heated room. The room is usually maintained at a temperature of 95-100 degrees. As you can imagine, a vigorous yoga session at this temperature promotes profuse sweating and makes the body very warm and therefore more flexible.

## Basic Yoga

By using props in each pose, everyone is able to get into the right position and alignment of the body. This class teaches simple poses to help you gain strength and flexibility, one step at the time.

## Iyengar Yoga Multilevel

This technique focuses on the development of proper musculoskeletal alignment, promoting the union of the mind, body and spirit. It promotes strength, endurance and flexibility.

## Pre and Post-Natal Yoga Kundalini

Strengthen postures (safe for all trimesters) and learn breathing techniques to help you relax during labor and birth. A nurturing class for you and your growing baby.

## Kundalini Yoga

Kundalini Yoga is an ancient, sacred science that uses specific techniques for breathing, movement and meditation to create an authentic union within ourselves.

## Vinyasa Yoga

Vinyasa means "breath-synchronized movement". This technique is more vigorous and coordinates movement with respiration. It begins with a number of Sun Salutations to warm up the body and finishes with a series of stretching exercises.

## Yogilates

Combine the benefits of Basic Yoga and Pilates in this innovative class. Stretch and align your body with Yoga movements, while strengthening your core through the Pilates techniques.

## Restorative Yoga

This class combines movement and sounds, using simple poses to make you feel new and empowered. The vibration of the sounds will help you expand your body, mind and emotions. Stretch, relax and restore yourself.

## Back Alignment Yoga

This class focuses on proper postures in order to reduce back aches. Learn how to align your body and gain strength and flexibility, reducing stress.