Prenatal Programs

**Babytalk** - Fee $20
March 11 or May 6 • 7-9:30pm

**Breastfeeding** - Fee $20
March 9 or May 4 • 7-9pm

**Childbirth 3 Class Series** - Fee $45
March 18, 23, 25 or May 13, 18, 20 • 7-9:30pm

**Childbirth Single Class** - Fee $35
Feb. 12 • 6:30-9:30pm

**Maternity Tours**
Call for tour or register online

**Benefits of Prenatal Yoga 101** - Fee $20
March 16 or May 11 • 7-9pm

**Pre-Natal Yoga** (Dr. consent required)
Fee $10/class; $75/10 classes
Mon. • 6pm; Wed. • 11:30am
Saturday Feb. 22 • 11:30am

**Super Siblings Class** (3-9 yrs) - Fee $10
March 14 or May 16 • 1-2:30pm

Complete Childbirth Series

**Six Class Series** - Mon. & Wed. - Fee $80
March 9-25 or May 4-20 • 7-9:30pm
Includes: 3 Childbirth Classes plus Babytalk, Breastfeeding & Benefits of Prenatal Yoga.

Family Fun Center Card

$8/class; $65/10 classes

**Baby & Me** (3 months & up, non-walkers)
Tues., Thurs. • 9:30am

**Fitness Funhouse** (3-5 yrs)
Tues. • 4:30pm

**Mommy & Me** (Walkers up to 36 months)
Tues., Thurs. • 10:30am

**Mommy & Me Yoga**
Mon. • 10:30am (all ages)
Wed. • 10am (newborn to crawling)
Saturday Feb. 22 • 10:30am (all ages)

For more information or to register for a class or event call our Community Education Center 954.344.3344 or visit BrowardHealth.org/Events.

Health & Safety

**Babysitting/CPR Class** (11-15 yrs) - Fee $40
March 20 • 10am-3pm

**CPR for Family & Friends** - Fee $10
Feb. 6 or March 5 • 6-9pm

**Heartsaver CPR/AED** - Fee $30
March 19 • 6pm

Mind/Body & Fitness

**Breast Cancer Survivor's Free Fitness Class**
Wed. • 11:30am

**Fitness Card**
Fee $6/Class; $50/10 Classes
Includes Fitness Classes:
Mon., Wed., Fri. • 9am;
Tues. • 5:30pm
Sat. • 7:30am Body Sculpting
Special Fitness: Thurs. • 5pm

**Healing Arts Card**
Fee $5/Class; $40/10 Classes
Chair Yoga: Tues., Thurs. • 12:45pm

**Pre-Natal Yoga** (Dr. consent required)
Fee $10/class; $75/10 classes
Mon. • 6pm; Wed. • 11:30am
Saturday Feb. 22 • 11:30am

**Senior Fitness Card**
Fee $4/Class; $30/10 Classes
Chair Fitness:
Mon., Wed., Fri. • 10:30am

**Yoga Card**
Fee $10/Class; $75/10 Classes
Yoga:
Mon. • 7pm, Wed. • 6pm
Tues., Thurs., Sat. • 10am

**Zumba Card**
Fee $8/Class; $60/10 Classes
Mon., Thurs. • 5:30pm
Sat. • 8:30am

BROWARD HEALTH CORAL SPRINGS
3000 Coral Hills Drive, Coral Springs
Follow us: Facebook | Twitter | LinkedIn | Instagram
**Broward Health Urgent Care**
Because you never know when you might need it!
No appointment needed, insurance accepted.

**All locations open daily 8am-8pm**

**Magnolia Shoppes**
9663 Westview Drive, Coral Springs
954.320.3323

**Broward Health Weston**
2300 N. Commerce Parkway, Weston
954.217.5700

**Jacaranda Square**
1811 N. Pine Island Road, Plantation
954.320.3360

Visit BrowardHealth.org/UrgentCare for more information.

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**Support Groups/Screenings Schedule**

**Al-Anon** Every Wed. • 11:30am

**American Lung Association - Better Breathers**
3rd Wed. • 1:30-3pm

**Breastfeeding**
2nd & 4th Tues. • 10:30am-Noon
Hospital Maternity lobby

**Cholesterol Screening**
Cholesterol profile $20
Call for appt.

**Diabetes Educational Support**
1st Wed. • 10-11am

**Diabetes/Total Cholesterol Screening (Free)**
1st Wed. • 9-10am

**Lupus** 3rd Thurs. • 6:30pm
*Hospital Classroom A

**Ostomy - Caring & Sharing** 4th Wed. • 5:30-7pm
*Hospital Multipurpose room

**Overeaters Anonymous** Every Sat. • 10am
*Hospital Classroom A

**Parkinson's** 4th Tues. • 2-3:30pm

**Postpartum - Mothers United**
4th Mon. • 6pm
*Hospital Multipurpose room

*Unless otherwise indicated, classes meet in the Community Education Center.

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**Healthy Fitness Fun** Let’s get fit!
We offer a variety of fitness classes for every level.

**M., W., F. • 9am**
Mon. • Fitness with Zoila
Wed. • Fitness with Alli
Fri. • Shape up with Alli

**Tues. • 5:30pm**
Tues. Fitness with Zoila

**Zumba (Fitness with dance & Latin music)**
Mon., Thurs. 5:30pm, Sat. 8:30am with Zoila

**Zumba Gold (Lower in intensity, modified Zumba)**
Mon. • 4pm with Zoila

**Special Fitness (Fitness for adults with special needs that cannot follow traditional fitness)**
Thurs. • 5pm with Kelly

**Yoga** with Spencer Mon. • 7pm, Wed. • 6pm, Tues., Thurs. & Sat. • 10am

**Seniors:** Chair Fitness
Mon. (Zoila), Wed. (Alli), Fri. (Alli) • 10:30am

**Chair Yoga** with Spencer Tues. & Thurs. • 12:45pm

**Pre-Natal Yoga** with Meredith
Mon. • 6pm & Wed. • 11:30am

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3100 Coral Hills Drive, Coral Springs, FL 33065
From intersection of Sample Road and Coral Hills Drive (One block west of University Drive) in Coral Springs, turn south on Coral Hills Drive. Classrooms are on the first floor.