

December 2016 - FITNESS SCHEDULE



Fitness Class Fees (Excludes Fitness Plus Classes and Youth Programs):

Residents: Unlimited passport: \$35 Drop-In: \$7
Non Residents: Unlimited passport: \$45 Drop-In: \$9



CALL 813-649-1500 ext 21 TO PURCHASE YOUR FITNESS PASSPORT!

| TIME | CLASS | INSTRUCTOR |
|--|---|---------------------------|
| MONDAY | | |
| 7:30-8:30AM | Open Resident Spin-FREE-Spaces Limited | N/A |
| 8:30-9:00AM | Core Training *No Class 12/26 | Courtney |
| 9:00-10:00AM | Hydro-Pilates *Only 12/5 | Ayako |
| 10:00-11:00AM | Total Body Conditioning *No Class 12/26 | Courtney |
| 4:00-5:00PM | Aqua Blast | Mabel |
| 5:00-5:30PM | Aqua Yoga | Mabel |
| 6:00-6:30PM | Pilates | Mabel |
| 6:30-7:30PM | Power Yoga | Mabel |
| TUESDAY | | |
| 7:30-8:00AM | Cardio Pump | Tina |
| 8:00-8:30AM | Butt and Gut Blaster | Tina |
| 8:30-9:00AM | Stretch It Out | Tina |
| 9:00-10:00AM | Flow Yoga | Heather |
| 10:00-11:00AM | Aqua Blast | Mabel |
| 10:00-11:00AM | Zumba Toning *No Class 12/27 | Monica |
| 11:15-12:00PM | Aqua Zumba *No Class 12/27 | Monica |
| 6:30-7:30PM | Zumba *No Class 12/27 | Stephanie |
| 7:30-8:30PM | Yin Yoga | Ryan |
| WEDNESDAY | | |
| 7:30-8:30AM | Open Resident Spin-FREE-Spaces Limited | N/A |
| 10:00 - 11:00AM | Total Body Conditioning | Courtney |
| 9:00 - 9:45AM | Deep H2O *Only 12/7 | Ayako |
| 9:30-10:30AM | Deep H2O *Starting 12/14 | Mabel |
| 11:00-12:00PM | Zumba | Monica |
| THURSDAY | | |
| 7:30-8:00AM | Cardio Pump | Tina |
| 8:00-8:30AM | Upper Body Tone | Tina |
| 8:30-9:00AM | Stretch It Out | Tina |
| 9:00-10:00AM | Zumba | Monica 12/22-Stephanie |
| 10:05-10:50AM | Zumba Toning *No Class 12/22 | Monica |
| 4:00-4:45PM | Aqua Blast | Mabel |
| 6:00-7:00PM | Fit 4 (light weights, e2 cardio, core, long stretches) | Mabel |
| FRIDAY | | |
| 8:30-9:00AM | Core Training *No Class 12/23 | Courtney |
| 9:00-10:00AM | Zumba | Monica 12/23-Stephanie |
| 9:00-9:45AM | Aqua Fit *Only 12/2, 12/9 | Ayako |
| 10:00-10:45AM | Aqua Fit *Starting 12/16 | Mabel |
| 10:00-11:00AM | Total Body Conditioning *No Class 12/23 | Courtney |
| SATURDAY | | |
| 9:00-10:00AM | Flow Yoga *No Class 12/10 | Ryan |
| 10:00-11:00AM | Zumba *No Class 12/24, 12/31 | Stephanie |
| SUNDAY | | |
| 5:00-6:00PM | Sunset Yoga *No Class 12/25 | Mabel |
| (*) Fitness Plus - additional fee required (Y) Youth Program - additional fee required | | |