

# January 2017 - 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
<b>MONDAY</b>		
7:30-8:30AM	Open Resident Spin-FREE-Spaces Limited	N/A
8:30-9:00AM	Core Training	Courtney
10:00-11:00AM	Total Body Conditioning	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	Yoga	Mabel
<b>TUESDAY</b>		
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	Ryan
10:00-11:00AM	Zumba Toning	Monica
11:05-12:00PM	Beginners Zumba	Monica
6:30-7:30PM	Zumba	Stephanie
7:30-8:30PM	Yin Yoga	Ryan
<b>WEDNESDAY</b>		
7:30-8:30AM	Open Resident Spin-FREE-Spaces Limited	N/A
9:30 - 10:30AM	Deep H2O	Mabel
10:00-11:00AM	Total Body Conditioning	Courtney
11:00-12:00PM	Zumba	Monica
<b>THURSDAY</b>		
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
10:05-10:50AM	Zumba Toning	Monica
5:30-6:00PM	Power Pilates	Mabel
6:00-7:00PM	Fit 4 (light weights, eZ cardio, core, long stretches)	Mabel
<b>FRIDAY</b>		
8:30-9:00AM	Core Training	Courtney
9:00-10:00AM	Zumba	Monica
10:00-11:00AM	Aqua Blast	Mabel
10:00-11:00AM	Total Body Conditioning	Courtney
<b>SATURDAY</b>		
9:00-10:00AM	Flow Yoga	Ryan
10:00-11:00AM	Zumba	Stephanie
<b>SUNDAY</b>		
5:00-5:45PM	Sunset Yoga *1/8, 1/22 Only	Mabel
(*) Fitness Plus - additional fee required (Y) Youth Program - additional fee required		