

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
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MONDAY

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

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	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

WEDNESDAY

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

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
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

FRIDAY

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

SATURDAY

9:00-10:00AM	Flow Yoga	Ryan
10:00-11:00AM	Zumba	Stephanie

SUNDAY

5:00-5:45PM	Sunset Yoga *1/8, 1/22 Only	Mabel
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(*) Fitness Plus - additional fee required (Y) Youth Program - additional fee required