



**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	Regan
9:00 - 10:00AM	Total Body Conditioning	Regan
10:00 - 11:00AM	Partner Assisted Stretch	Regan
9:00 - 10:00AM	Hydro-Pilates	Ayako
4:00 - 5:00PM	Aqua Blast	Mabel
5:00-5:45PM	Gentle Yoga	Mabel
6:00-7:00PM	Power 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	Heather
10:00-11:00AM	Aqua Blast	Mabel
10:00-11:00AM	Zumba Toning	Monica
6:00-7:00PM	Zumba <b>*No class 5/10</b>	Cortney G.
<b>WEDNESDAY</b>		
7:30-8:30AM	Open Resident Spin-FREE-Spaces Limited	N/A
9:00 - 10:00AM	Total Body Conditioning	Regan
10:00 - 11:00AM	Partner Assisted Stretch	Regan
9:00 - 9:45AM	Deep H2O	Ayako
11:00-12:00PM	Zumba	Monica 5/18-Stephanie
<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 5/19-Stephanie
10:05-10:50AM	Zumba Toning <b>*No class 5/19</b>	Monica
6:00-6:45PM	Aqua Blast <b>*No class 5/19</b>	Mabel
7:00-7:45PM	Restorative Yoga <b>*No class 5/19</b>	Mabel
<b>FRIDAY</b>		
8:30-9:00AM	Core Training	Regan
9:00-10:00AM	Zumba	Monica 5/20-Stephanie
9:00-9:45AM	Aqua Fit	Ayako
10:00-11:00AM	Total Body Conditioning	Tina
<b>SATURDAY</b>		
10:00-11:00AM	Zumba	5/7-Monica 5/14-Stephanie 5/21-Stephanie 5/28-Stephanie
(*) Fitness Plus - additional fee required (Y) Youth Program - additional fee required		