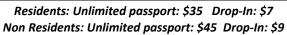


exceedPersonal Training

MAY 2016 - FITNESS SCHEDULE

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





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	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
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	Monica
6:00-7:00PM	Zumba *No class 5/10	Cortney G.
WEDNESDAY		
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
	·	Monica
11:00-12:00PM	Zumba	5/18-Stephanie
THURSDAY		
7:30-8:00AM	Cardio Pump	Tina
8:00-8:30AM	Upper Body Tone	Tina
8:30-9:00AM	Stretch It Out	Tina Monica
9:00-10:00AM	Zumba	5/19-Stephanie
10:05-10:50AM	Zumba Toning *No class 5/19	Monica
6:00-6:45PM	Aqua Blast *No class 5/19	Mabel
7:00-7:45PM	Restoritive Yoga *No class 5/19	Mabel
FRIDAY		
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
SATURDAY		
10:00-11:00AM	Zumba	5/7-Monica
		5/14-Stephanie
		5/21-Stephanie
(*) Fibrago Diva addibio	and for your yord (V) Youth Brown addition	5/28-Stephanie
(*) Fitness Plus - additional fee required (Y) Youth Program - additional fee required		