

JULY 2015 - 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	Courtney S.
9:00 - 10:00AM	Partner Assisted Stretch	Courtney S.
10:00 - 11:00AM	Total Body Conditioning	Courtney S.
10:00 - 11:00AM	Hydro-Pilates *No class 7/6	Ayako
5:00-6:00PM	Aqua Blast	Mabel
6:00-7:00PM	Power Yoga	Mabel
TUESDAY		
9:00-10:00AM	Flow Yoga *No class 7/21	Heather
10:00-11:00AM	Aqua Blast	Mabel
10:00-11:00AM	Zumba Toning	Monica
WEDNESDAY		
7:30-8:30AM	Open Resident Spin-FREE-Spaces Limited	N/A
9:00-10:00AM	Partner Assisted Stretch	Courtney S.
10:00 - 11:00 AM	Total Body Conditioning	Courtney S.
10:00 - 11:00 AM	Deep H2O *No class 7/8	Ayako
11:00AM-12:00PM	Zumba	Monica
THURSDAY		
9:00-10:00AM	Zumba	Monica *7/16-Cortney
10:05-10:50AM	Zumba Toning *No class 7/16	Monica
6:00-7:30PM	30/30/30 (Cardio/Pilates/Yoga) *No class 7/30	Mabel
FRIDAY		
8:30-9:00AM	Core Training	Courtney S.
9:00-10:00AM	Zumba	Monica *7/17-Cortney
10:00-11:00AM	Total Body Conditioning	Courtney S.
SATURDAY		
10:00-11:00AM	Zumba	7/25 ONLY-Monica *No class 7/4-7/18

(*) Fitness Plus - additional fee required (Y) Youth Program - additional fee required