

NOVEMBER 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	Ayako
5:00-5:45PM	Balls & Bells	Mabel
6:00-7:00PM	Power Yoga	Mabel
TUESDAY		
7:30-8:00AM	Cardio Pump	Courtney S.
8:00-8:30AM	Butt and Gut Blaster	Courtney S.
8:30-9:00AM	Stretch It Out	Courtney S.
9:00-10:00AM	Flow Yoga *No class 11/24	Heather
10:00-11:00AM	Aqua Blast	Mabel
10:00-11:00AM	Zumba Toning	Monica
6:00-7:00PM	Zumba	Cortney G.
WEDNESDAY		
7:30-8:30AM	Open Resident Spin-FREE-Spaces Limited	N/A
9:00-10:00AM	Partner Assisted Stretch	Courtney S.
10:00 - 11:00AM	Total Body Conditioning	Courtney S.
10:00 - 10:45AM	Deep H2O	Ayako
11:00-12:00PM	Zumba	Monica
THURSDAY *The Fitness Center will be closed on 11/26 for Thanksgiving.		
7:30-8:00AM	Cardio Pump	Courtney S.
8:00-8:30AM	Upper Body Tone	Courtney S.
8:30-9:00AM	Stretch It Out	Courtney S.
9:00-10:00AM	Zumba	Monica
10:05-10:50AM	Zumba Toning *No class 11/26	Monica
6:00-7:30PM	30/30/30 (Cardio/Pilates/Yoga)	Mabel
FRIDAY		
8:30-9:00AM	Core Training	Courtney S.
9:00-10:00AM	Zumba *No class 11/27	Monica
9:00-9:45AM	Aqua Fit	Ayako
10:00-11:00AM	Total Body Conditioning	Courtney S.
SATURDAY		
10:00-11:00AM	Zumba *No class 11/7 or 11/28	Monica

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