

MARCH 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!			
CLASS	INSTRUCTO	OR	
MONDAY			
Open Resident Spin-FREE-Spaces Limited	N/A		
Core Training	Courtney S.		
Partner Assisted Stretch	Courtney S.		
Total Body Conditioning	Courtney S.		
Gentle Yoga	Mabel		
Power Yoga	Mabel		
TUESDAY			
Flow Yoga	Heather		
Aqua Blast	Mabel		
Zumba Toning	Monica		
WEDNESDAY			
Open Resident Spin-FREE-Spaces Limited	N/A		
Partner Assisted Stretch	Courtney S.		
Total Body Conditioning	Courtney S.		
Zumba	Monica		
THURSDAY			
Zumba	Monica		
Zumba Toning	Monica		
Starting 3/12 Aqua Blast *No class 3/26	Mabel		
30/30/30 (Cardio/Pilates/Yoga) *No class 3/26	Mabel		
FRIDAY			
Core Training	Courtney S.		
Zumba	Monica		
Total Body Conditioning	Courtney S.		
SATURDAY			
Zumba	3/7- Cortney	3/14-	
	Monica	3/21-	
	Monica	3/28-	
	Cortney		
(*) Fitness Plus - additional fee required (Y) Youth Program - additional fee required			
	CLASS MONDAY Open Resident Spin-FREE-Spaces Limited Core Training Partner Assisted Stretch Total Body Conditioning Gentle Yoga Power Yoga TUESDAY Flow Yoga Aqua Blast Zumba Toning WEDNESDAY Open Resident Spin-FREE-Spaces Limited Partner Assisted Stretch Total Body Conditioning Zumba THURSDAY Zumba Zumba Toning Starting 3/12 Aqua Blast *No class 3/26 30/30/30 (Cardio/Pilates/Yoga) *No class 3/26 FRIDAY Core Training Zumba Total Body Conditioning Saturday Zumba Total Body Conditioning Sumba Total Body Conditioning	CLASS MONDAY Open Resident Spin-FREE-Spaces Limited Core Training Courtney S. Partner Assisted Stretch Courtney S. Gentle Yoga Power Yoga Mabel TUESDAY Flow Yoga Aqua Blast Aqua Blast Desident Spin-FREE-Spaces Limited Apartner Assisted Stretch Aqua Blast Aubel Tuesday Open Resident Spin-FREE-Spaces Limited Partner Assisted Stretch Courtney S. Total Body Conditioning Courtney S. Total Body Conditioning Aumba THURSDAY Aumba Aumba Monica THURSDAY Aumba Au	