

# 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!**

TIME	CLASS	INSTRUCTOR
<b>MONDAY</b>		
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.
5:00-6:00PM	Gentle Yoga	Mabel
6:00-7:00PM	Power Yoga	Mabel
<b>TUESDAY</b>		
9:00-10:00AM	Flow Yoga	Heather
10:00-11:00AM	Aqua Blast	Mabel
10:05-10:50AM	Zumba Toning	Monica
<b>WEDNESDAY</b>		
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.
11:45AM-12:45PM	Zumba	Monica
<b>THURSDAY</b>		
9:00-10:00AM	Zumba	Monica
10:05-10:50AM	Zumba Toning	Monica
5:00PM-6:00PM	Starting 3/12 Aqua Blast *No class 3/26	Mabel
6:00-7:30PM	30/30/30 (Cardio/Pilates/Yoga) *No class 3/26	Mabel
<b>FRIDAY</b>		
8:30-9:00AM	Core Training	Courtney S.
9:00-10:00AM	Zumba	Monica
10:00-11:00AM	Total Body Conditioning	Courtney S.
<b>SATURDAY</b>		
10:00-11:00AM	Zumba	3/7- Cortney Monica Monica Cortney 3/14- 3/21- 3/28-

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