

February Group X

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	Courtney
9:00-10:00AM	Basic Zumba	Stephanie <i>*No Class 2/11 & 2/25</i>
10:00-11:00AM	Total Body Conditioning	Courtney
10:00-11:00AM	Aqua Blast Combo	Mabel
TUESDAY		
10:00-11:00AM	Zumba Toning	Monica
11:05-11:50PM	Zumba Gold	Monica
7:30 -8:30PM	Yoga	Heather
WEDNESDAY		
7:30-8:30AM	Open Resident Spin-FREE-Spaces Limited	N/A
8:30-9:00AM	Core	Courtney
9:00AM-10:00AM	Zumba	Monica <i>*No Class 2/13</i>
10:00-11:00AM	Total Body Conditioning	Courtney
10:00-11:00AM	Barre Yoga @ Outfitters	Mabel
4:00-5:00PM	NEW CLASS!! Barre Yoga @ Outfitters	Mabel
THURSDAY		
9:00-10:00AM	Zumba	Monica
10:05-10:50AM	Zumba Toning	Monica
11:00-11:45AM	Zumba Gold	Monica
11:00AM-12:00PM	Deep H2O	Mabel
12:00-1:00PM	Stretch-Lates	Mabel
5:30-6:30PM	Yoga	Heather
FRIDAY		
8:30-9:00AM	Core	Courtney
9:00-10:00AM	Zumba	Monica
10:00-11:00AM	Total Body Conditioning	Courtney
10:00-11:00AM	Aqua Blast Combo	Mabel
SATURDAY		
10:30AM	Yoga	Heather