

# Fitness Studio Classes

## Monday

Cycle Challenge	Paul	6:00AM
Power Pilates Express	Linda	8:00AM
Barbell Body Express	Jen	8:45AM
Sprint Cycle Express	Jen	9:15AM
Pilates for Golf	Linda	11:00AM
Pilates Reformer*	Linda	12:00PM

## Tuesday

TRX Express Training*	Chris	8:30AM
Tai Chi*	Linda	9:30AM
Barre Infusion*	Linda	10:30AM
Bootcamp*	Chris	6:30PM

## Wednesday

Cycle Challenge	Paul	6:00AM
Power Pilates Plus	Linda	8:30AM
STRONG	TBA	9:30AM

## Thursday

Cross Training Circuit	Chris	8:30AM
Pilates Reformer*	Linda	10:30AM

## Friday

Cycle Challenge	Paul	6:00AM
Power Pilates Express	Linda	8:00AM
Cycle Grind	Ellis	8:45AM

## 1st & 3rd Saturday of the Month

Tai Chi*	Linda	10:30AM
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## KICKBOXING MASTERCLASS!

*Wednesday, January 9<sup>th</sup> at 9:30am*

*Complimentary to all members & guests*

*Sign up at the front desk!*

## PRE-REGISTER for your selected Group Fitness Classes with CLUBSTER

*Thank you for helping us serve you better by registering in advance for all Group Fitness Classes.*

**Contact the front desk for instructions on registering with Clubster.**

Fees may vary. Classes subject to change.

**P: (813) 264-8106**

**T: (813) 344-3524**

**E: ckeefe@avilagolf.com**

# January Member of the Month Challenge

## Rest & Recovery

- Sleep for 7-9 hours
- Get a massage
- Stretch & Foam Roll
- Yoga & Tai Chi Recovery Classes

Enroll on Clubster or at the fitness front desk and receive a raffle entry for every day you complete challenges for a chance to win an Avila R&R Session! (\$40 value)

## NEW YEAR'S DAY

## YOGA RENEWAL

Set your intentions for health and wellness this year as you renew your mind and body!

January 1<sup>st</sup> @ 10:30 AM

Instructor: JAIMI

Complimentary to all members & guests!



## REST...

It's part of the program.

**Mon - Thurs: 5AM – 9PM**

**Fri: 5AM – 8PM**

**Sat & Sun: 6AM – 6PM**

*Please contact for suggestions:*

*ckeefe@avilagolf.com ~ 813.264.8106*

## Monthly Workshops

### *Rest & Recovery*

Complimentary demonstration available on Mondays at 10:00 AM with Hyperice Vibrating Roller, Hypersphere, Trigger Point Roller and Flexibility Stretching.

- Reduce Muscle Soreness
- Increase Flexibility
- Injury Prevention

### *2019 FIT Kickstart*

20 or 40 Minute Sessions

4 x per week \$22.50/\$45 per session

3 x per week \$25.00/\$50 per session

2 x per week \$27.50/\$55 per session

*Reach your Health & Wellness Goals Fast!*

### *Health & Wellness Evaluations*

- Metabolic Weight Management Testing
- VO<sub>2</sub> Max Testing
- Biometric & Body Composition Screening

*Contact the Front Desk if you are interested in scheduling an appointment for your evaluation!*

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## Class Descriptions

### Cardio

#### **Cross Training Circuit**

Get fit with this total body workout that conditions and strengthens. A combination of cardiovascular and weight training techniques sure to improve your physique.

#### **Cycle Challenge**

Challenge yourself with a variety of cycling endurance and interval conditioning goals. Experience this high-energy ride!

#### **Cycle Grind**

Welcome to the Grind! Forty-five minutes of high intensity interval training on the bikes. A road trip to remember!

#### **Sprint Cycle**

Thirty minutes of high intensity interval training on the bikes.

### Strength

#### **Barbell Body**

Strengthen and tone using barbells. Designed for anyone looking to power muscles into shape for a full body sculpted look.

#### **Barre Infusion**

Infusion is an empowering workout designed to trim and tighten the entire body through small, controlled movements with emphasis on glutes and legs.

#### **TRX Express Training\***

Suspension training using your body weight and gravity for a challenging workout. This class focuses on strength, balance, flexibility, and core stability for a total body workout. Designed for Small Group Personal Training (SGPT).

**UnWINEding**  
**Sunday, January 6<sup>th</sup>**  
**4 p.m.**

\$15 per attendee

Register on Clubster or at the Front Desk!

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## Class Descriptions

### Pilates & Yoga

#### **Pilates for Golf**

Improve your golf performance by correcting posture, core strength, balance, and flexibility.

#### **Pilates Reformer\***

Strengthen your core with controlled movements performed on a Pilates Reformer. Increases body awareness, improves flexibility and spinal alignment.

**By appointment only**

Mondays & Thursdays at 10:30 AM

#### **Power Pilates Express**

Strengthen your core with a series of controlled movements performed on a mat. Increase body awareness, improve flexibility and spinal alignment.

#### **Tai Chi\***

Reduce stress by performing a series of low impact, gentle focused movements designed to create awareness, help reduce the risk of falling and improve balance.

**All Levels unless otherwise indicated**

\* Specialty Class –Registration Required.

Fees May Vary.

General Classes (50 Minutes) – Members \$7.50

Express Classes (30 Minutes) – Members \$5.00

Pilates Reformer \$30 per class

\*Yoga & Tai Chi \$10 per class

### **January Massage Special**

#### *Lavender Dreams*

Complimentary Lavender Aromatherapy with an Avila Custom Massage

**Contact the front desk to schedule your massage today!**