

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
Vinyasa Yoga*	Jaimi	10:00AM
Pilates for Golf*	Linda	11:00AM
Pilates Reformer +	Linda	12:00PM

Tuesday

Barre Infusion*	Nadia	8:30AM
Tai Chi*	Linda	9:30AM
Pilates/Cardio**	Nadia	9:45AM
TRX Training**	Nadia	10:30AM
Bootcamp**	Chris	6:30PM

Wednesday

Cycle Challenge	Paul	6:00AM
Power Pilates Plus	Linda	8:30AM
Cardio Dance	Aicha	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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All Levels unless otherwise indicated

General Classes (60 Minutes) – \$7.50 per class

Express Classes (30 Minutes) – \$5.00 per class

**Specialty Class – Registration Required. \$10 per class*

***SGPT Class – \$18 per class*

+ Pilates Reformer – By appointment. \$30 per class

March Madness Member of the Month Challenge

Weekly progressive workouts competing
elimination bracket style!

Round 1 – Reps for Time

Push Ups 30 reps

Pull Ups 30 reps

Round 2 Total Volume

Weight X Reps = Total Volume 5 Sets Max

Body Weight Squats 50 reps

Leg Press 50 reps

Round 3 – Max Sets in 6 minutes

Box Push 2X

Step Ups 10X bilateral

Final Round – Best Time

5 Sets

Squat Shoulder Press 10 reps

Row 150 meters

**Winner will receive an Under Armour
Prize Bag!**

**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



Mon - Thurs: 5AM – 9PM

Fri: 5AM – 8PM

Sat & Sun: 6AM – 6PM

Please contact for suggestions:

ckeefe@avilagolf.com ~ 813.264.8106

Monthly Workshops

TRY THE SHAKE OF THE MONTH: **Shamrock Shake!**

Almond Milk – Avocado
Banana – Spinach
Vanilla Protein

175 Calories – 10g Fat
10g Sugar – 19g Protein

Trigger Point Recovery Masterclass

Thursday, March 21st with Chris
9:30 am

Join us for this foam rolling and recovery class!

Complimentary with
Clubster pre-registration or \$10

LUCK OF THE IRISH CLOVER DRAWING FOR RETAIL SPECIALS

Choose a Shamrock for a chance at
selected savings!

Buy One, Get One 50% Off
20% Off One Retail Item

\$15 Off any purchase \$50 or more

\$25 Off any purchase \$100 or more

Class Descriptions

Cardio

Cardio Dance & Strength

A fun way to burn more calories and relieve stress! Join the party in a series of dance sequences and interval training to improve strength.

Cross Training Circuit – 60 minutes

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 – 60 minutes

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

Cycle Grind – 45 minutes

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

Sprint Cycle – 30 minutes

Thirty minutes of high intensity interval training on the bikes.

Strength

Barbell Body – 30 minutes

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

Barre Infusion* – 60 minutes

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

Bootcamp** – 60 minutes

Circuit style total body conditioning! A class designed for Small Group Personal Training (SGPT).

TRX Training** – 45 minutes

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. A class designed for Small Group Personal Training (SGPT).

Class Descriptions

Pilates & Yoga

Pilates for Golf* – 60 minutes

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

Pilates Reformer+ – 60 minutes

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

Pilates Cardio Combo** – 30 minutes

Experience this high energy, full body, low impact class performed on the reformer combined with cardiovascular training while jumping against spring tension on the jumpboard instead of gravity and body weight. A class designed for Small Group Personal Training (SGPT).

Power Pilates Express – 30 minutes

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

Tai Chi* – 60 minutes

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.

Vinyasa Yoga* – 60 minutes

A seamless flow of movement and postures using breath focusing on strength and mobility.

Register for your Group Fit Classes on
Clubster to get a FREE CLASS!

Pre-register and Attend 5 group fitness
classes and get 1 FREE!

5 general classes = 1 FREE general class

5 express classes = 1 FREE express class

Contact the front desk for more information at
813.264.8106