

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

Barre & Bosu Balance**	Nadia	8:30AM
<i>Last Class May 7th</i>		
Tai Chi*	Linda	9:30AM
Reformer Stretch*	Nadia	9:45AM
Bootcamp**	Chris	6:30PM

Wednesday

Cycle Challenge	Paul	6:00AM
Power Pilates Plus	Linda	8:30AM
Cardio Dance	Aicha	9:30AM
Cycle Express	Paul	6:00PM

Master Class May 15th

Thursday

Cross Training Circuit	Chris	8:30AM
Barre & Bosu Balance	Nadia	9:30AM

Begins May 16th

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
----------	-------	---------

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

May Events

- May 11** **Healthy Bones and Arthritis Prevention Workshop**
Saturday at 10:30am with Linda
- May 15** **Cycle Express**
Wednesday at 6pm with Paul
Kids Club Available
- May 26** **Mother & Daughter Yoga**
Sunday at 4:30pm

Summer Class Passes

\$75 per month
\$199 June – August
Includes General & Express Studio Classes.
See the front desk for purchase.

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



Happy Mother's Day

Mon - Thurs: 5AM – 9PM

Fri: 5AM – 8PM

Sat & Sun: 6AM – 6PM

Please contact for suggestions:

ckeefe@avilagolf.com ~ 813.264.8106

Monthly Features

Shake of the Month

Bananas for Chocolate and Peanut Butter!

**Turbo Charge your diet
Pre and Post Workout with
Vital Whey quality protein!**

- Boosts Metabolism
- Aids in Weight Loss
- Builds Muscle & Physique

Balance and strengthen
the special connection with

MOTHER & DAUGHTER

Yoga

Sunday, May 26th at 4:30 PM

\$10 for Mothers Daughters
Complimentary

Mother's Day Special

Alo Yoga Apparel

\$20 off

Sales Rack

\$25 off

Ipanema Sandals

Buy 2 Get One Free

Valid through Mother's Day

Class Descriptions

Cardio

Cardio Dance & Strength – 60 minutes

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 & Bosu Balance* – 60 minutes

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

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

Athletic Stretch* – 60 minutes

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

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 Reformer Stretch – 30 minutes**

Build core strength, tone muscles and gain flexibility in a Small Group Personal Training (SGPT) setting.

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.

Mother-Daughter Spa Wellness Experience.

Create lasting memories between mother and daughter by sharing a time of nurturing and pampering. Customize a fitness and spac combo package that suits you. \$150 per participant. Multi-family discounts upon request.

Spa & Wellness Combos

Yoga, Zumba, Pilates, Barre, TRX or Bootcamp

Recovery Options:

Avila Custom Massage, Stress Relief Chair Massage &
Hand Sugar Scrub Combo
45 minutes each activity

Includes Chef Kent's Spa Luncheon, Mimosa and Shirley Temple for minor daughters.