



Fitness Studio Classes

Monday

Rock & Roll Cycle	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
Stretch & Strengthen	Kathrine	6:30PM

Classes on the 9th and 30th

Tuesday

Tai Chi*	Linda	9:30AM
Pilates Reformer+	Linda	10:30AM
Bootcamp**	Chris	6:30PM

Wednesday

Rock & Roll Cycle	Paul	6:00AM
Power Pilates Plus	Linda	8:30AM
Cardio Dance*	Aicha	9:30AM

Thursday

Cross Training Circuit	Chris	8:30AM
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Friday

Rock & Roll Cycle	Paul	6:00AM
Power Pilates Express	Linda	8:00AM
Cycle Grind	Ellis	8:45AM

Saturday

Tai Chi*	Linda	10:30AM
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Classes on the 7th and 21st

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

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

Specialty Class – \$10 per class*

*SGPT Class** – \$18 per class*

Pilates Reformer+ – \$30 per class by appointment

Class Descriptions

Cardio

Cardio Dance & Strength – 60 minutes

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

Cross Training Circuit – 60 minutes

Total body workout that conditions and strengthens. Cardiovascular and weight training sure to improve your physique

Cycle Challenge – 60 minutes

Challenge yourself with a variety of cycling endurance and interval conditioning goals. Old time Rock n’ Roll while you 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.

Bootcamp – 60 minutes**

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

Pilates & Yoga

Pilates for Golf* – 60 minutes

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

Pilates Reformer+ – 60 minutes

Increase body awareness, improve flexibility and spinal alignment.

Power Pilates Express – 30 minutes

Strengthen your core with a series of controlled movements performed on a mat.

Tai Chi* – 60 minutes

Reduce stress by performing low impact, gentle focused movements to create awareness, reduce the risk of falls, and improve balance.

Stretch, Strengthen & Refresh – 60 minutes

Calming, stress-relieving class to stretch the body, releasing tension and increasing flexibility. Build awareness of breath and the body.

Fees may vary. Classes subject to change.

Please pre-register for all Group Fitness classes on Clubster.

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