

Fitness Studio Classes

Monday		
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		
Cycle Challenge	Paul	7:00AM
Tai Chi*	Linda	9:30AM
Bootcamp**	Chris	6:30PM
Wednesday		
Power Pilates Plus	Linda	8:30AM
Aqua Zumba*	Aicha	9:30AM
<i>July 3rd and 10th</i>		
Thursday		
Cycle Challenge	Paul	7:00AM
Cross Training Circuit	Chris	8:30AM
Friday		
Power Pilates Express	Linda	8:00AM
Cycle Grind	Ellis	8:45AM
1st & 3rd Saturday of the Month		
<i>Classes will be the 6th and 20th</i>		
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

July Events

July 3 & 10 **Aqua Zumba Party**
Wednesday @ 9:30am
 Pool Pavilion
with Aicha

July 4 **Firecracker Workout**
Thursday @ 8:30 am
with Chris

July 6-28 **Tour de Avila**
Tuesdays & Thursdays @ 7 am
with Paul

Summer Class Passes

\$75 per month

Includes General & Express Studio Classes

See the front desk to 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



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

Red, White, and Berry!

This patriotic fruit smoothie is packed with antioxidants, protein and energizing nutrients.

Sharpens Memory
Aids Digestive System
Immune System Support

FIRECRACKER WORKOUT

Get fit on the 4th with a military style workout sure to blast over 500 calories!

Thursday, July 4th at
8:30am

with Chris

\$10 or 100 Jumping Jacks

Monthly Fitness Challenge

Tour de Avila

Ride in the Annual Tour de Avila event which will coincide with the Tour de France.

Win an authentic
"Tour de France" Jersey.

All Spin Classes. July 6th – 28th

\$15. Preregister on Clubster.

Class Descriptions

Cardio

Aqua Zumba – 45 minutes

Make a splash by adding a low-impact, high-energy aquatic exercise to your fitness routine. There is less impact on your joints during an Aqua Zumba® class so you can really let loose. Water creates natural resistance, which means every step is more challenging and helps tone your muscles.

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.

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). By appointment.

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.

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.

Red, White and Blue Sale!

Red - 10% Off

White - 20% Off

Blue - 30% Off

Red, White and Blue - 35% Off

July 1st - 7th

Get a Massage in July!

Pick a Star

Get a Deal!

\$10-\$15-\$20 Off July

See the front desk for details.