



Fitness Studio Classes

Monday

Peloton Spin	TBA	8:00AM
Pilates Mat	Linda	9:15AM

Tuesday

Workshop

"We All Fall Down"	Kathrine	9:30AM
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September 21st

Stability Ball Balance	Daff	4:00PM
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Wednesday

Power Pilates Plus	Linda	9:00AM
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Thursday

Functional Moves	Jason	8:30AM
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Basic & Beyond Yoga	Kathrine	9:30AM
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Friday

Barre Body Blast	Kathrine	9:00AM
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September 24th

Saturday

Workshop

Weightlifting Basics	Jason	9:00AM
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September 25th

Studio on Demand

Peloton Classes	<i>by appointment</i>	
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All Levels unless otherwise indicated

General Classes – \$7.50 per class

Yoga & Tai Chi -. \$10 per class

Specialty Classes – Prices vary

Virtual Classes (Times Vary) – \$5.00 per class

Fees may vary. Classes subject to change.

Pre-register required for all Group Fitness classes.

Phone: 813-264-8106 Text: 813-344-3524

Email: ckee@avilagolf.com

Class Descriptions

Workshops

"We All Fall Down" | 60 minutes

Effective interventions you can implement to reduce risk, restore balance, mobility, and function. Discover six evidence-based exercises that will strengthen your core and help keep you from falling.

Weightlifting Basics | 60 minutes

Start strength training and learn proper form and techniques for the top 4 strength training exercises - Squat, deadlift, bench press and back row.

Cardio Circuit

Studio on Demand | 30/60 minutes

Choose a variety of virtual classes to fit your style and schedule. Strength, Spin, Yoga, Stretch, Cardio, etc. By appointment.

Strength

Barre Body Blast | 45 minutes

Low-impact, controlled movements that strengthen and tone the entire body while supporting proper alignment.

Functional Moves Circuit | 30 minutes

Total body workout that conditions and strengthens. Functional movement patterns used in everyday life. Weight training sure to improve your physique.

Stability Ball Balance | 30 minutes

Improve balance and target core muscles groups to strengthen the back, abs and glutes.

Pilates & Yoga

Basic & Beyond Yoga | 60 minutes

Learn the basics with standing and seated poses combined with the breathwork.

Pilates Mat | 30 minutes

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

Power Pilates Express | 45 minutes

Improve your posture, increase core strength, and enhance balance and flexibility.