



## Fitness Studio Classes

### Monday

Pilates Mat Linda 9:00AM

### Workshop November 15th

Golf Stretch & Flex Kathrine 12:00PM

### Tuesday

Stability Ball Balance Daff 4:00PM

### Workshop November 9th

Paint with a Pose Kathrine 4:00PM

### Wednesday

Power Pilates Plus Linda 9:00AM

### Thursday

Functional Moves Jason 8:30AM

Basic & Beyond Yoga Kathrine 9:30AM

### Masterclass Thanksgiving Day

Pumpkin Pie H.I.I.T. Team 8:30AM

Yoga Stretch Kathrine 9:30AM

### Friday

Outdoor 1 Mile Walk Team 8:30 AM

### Saturday

#### November 13th

Tai Chi Linda 8:00AM

### Studio on Demand

Peloton Classes *by appointment*

*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: ckeefe@avilagolf.com

## Class Descriptions

### Workshops

**Golf Stretch & Flex** | 45 minutes

*Combine core training and active stretching to increase range of motion and reduce the risk of injury.*

**Paint with a Pose** | 120 minutes

*Calm the mind with a guided meditation as you create a one-of-a-kind mandala masterpiece,*

### Cardio Circuit

**Cardio Strength Circuit** | 30 minutes

*Improve muscle tone and cardiovascular health with a variety of alternating moves and rest in between circuit stations.*

**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.*

**Tai Chi** | 45 minutes

*Connect the mind and body through a series of gentle*

**GIVE THANKS AND  
REMEMBER...**

"Exercise should be regarded as a  
tribute to the heart".

GENE TUNNEY