



## Fitness Studio Classes

## Class Descriptions

### Monday

Pilates Mat	Linda	9:00AM
Cleansing Yoga	Kathrine	6:30PM

### Tuesday

Tai Chi	Linda	10:30AM
Stability Ball Balance	Daff	4:00PM

### Wednesday

Power Pilates Plus	Linda	9:00AM
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### Thursday

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

### Friday

Outdoor 1 Mile Walk	Team	8:30 AM
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### Saturday

#### January 22 Masterclass & Workshops

Level Up H.I.I.T. Circuit	Jason	8:30AM
Rock & Roll to Recover	Jason	9:00AM

### Studio on Demand

Peloton Classes *by appointment*

### CHALLENGE OF THE MONTH

#### Take Ten to Meditate

Ten minutes for ten days.

*All levels unless otherwise indicated.*

*General Classes | \$7.50 per attendee*

*Yoga & Tai Chi | \$10 per attendee*

*Specialty Class | Prices vary*

*Vital Class | \$5 per attendee*

*Fees may vary. Classes subject to change.*

**Pre-registration required for all classes.**

Phone | 813.264.8106 Text | 813.344.3524

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### Workshops

**Rock & Roll to Recover** | 30 minutes

*Improve muscular performance and reduce DOMS (Delayed onset muscle soreness) through a therapeutic foam rolling instructional workshop.*

### Cardio Circuit

**Level Up H.I.I.T. 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

**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.*

**Cleansing Yoga** | 60 minutes

*Yoga exercises that combine intentional actions that may reduce stress, strengthen digestion, and eliminate harmful toxins from the body.*

**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 movements that flow without pause.*

RECOVER, RESET AND REVIVE  
EXERCISE IS MEDICINE!