



Fitness Studio Classes

Monday

Spin	Lori	8:00AM
Pilates Mat	Linda	9:00AM

Tuesday

Boot Camp	Team	6:30AM
Tai Chi Balance Body	Linda	10:30AM
Boot Camp	Team	6:00PM

Wednesday

Pilates Plus	Linda	9:00AM
Power Circuit & Stretch	Team	12:00PM
<i>Masterclass August 31st</i>		10:00AM
Step to the 80's	Cathi	9:00AM

Thursday

Boot Camp	Team	6:30AM
Functional Moves	Jason	8:30AM
Aqua Splash Series	Kathrine	9:30AM
Boot Camp	Team	6:00PM

Friday

R.I.P.P.E.D.	Lori	9:00AM
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Studio on Demand

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

General Classes | \$7.50 per attendee

Yoga & Tai Chi | \$10 per attendee

Specialty Class | Prices vary

Virtual 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

ckeeffe@avilagolf.com

Specialty Classes

Aqua Splash Series | 45 minutes

Liquid Strength | *Reduce the risk of injury while building strength and muscle balance with resistance weights in the water.*

Aqua Yoga | *Low-impact aquatic exercises to help you develop strength, balance, and increase range of motion.*

Hydro Power | *Aerobic and strength movements using the flow and resistance of water.*

Ai Chi Balance | *A combination of Tai Chi and Qi Gong. A relaxation practice comprised of deep breathing and slow, continuous movements.*

Boot Camp | 45 minutes

Get fitter quicker with the support, motivation and camaraderie to boost your metabolism and mental toughness. Let's do this!

Power Lunch Circuit & Stretch | 45 minutes

Build a better brain and body with a mid-day recharge and recovery shake.

Step to the 80's Masterclass | 45 minutes

Get ready to sweat to the 80's music stepping to the beat.

Cardio Circuit

Spin | 45 minutes

Build cardiovascular health, burn mega calories and get your heart pumping with fun and motivating music.

Strength

Functional Moves Circuit | 45 minutes

Total body workout that conditions and strengthens. Functional movement patterns used in everyday life.

R.I.P.P.E.D. | 45 minutes

Strength training for the physique you desire. Get strong and toned!

Pilates & Yoga

Basic & Beyond Yoga | 60 minutes

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

Pilates Mat | 45 minutes

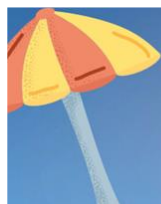
Strengthen your core with a series of controlled movements performed on a mat.

Pilates Plus | 45 minutes

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

Tai Chi Balance Body | 45 minutes

Connect the mind and body through a series of gentle movements that flow without pause.



Summer Events

