



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

JANUARY New Tampa Group Exercise Schedule Classes are 1 hour unless otherwise specified.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30am		LES MILLS BODYPUMP Erin All Levels		LES MILLS BODYPUMP Erin All Levels			1:30pm LES MILLS BODYCOMBAT Rick L2-3
7:15 / 8:20am	LES MILLS BODYPUMP 8:20am Erin, L2-3	ZUMBA 8:20am Patty, All Levels		ZUMBA 8:20am Patty, All Levels		LES MILLS BODYPUMP 7:15am Rotates, All Levels	2:30pm LES MILLS BODYPUMP Express 2:30-3:15pm Rick, All Levels
8:25 / 8:30am			LES MILLS BODYPUMP 8:30am Michelle, L2-3		Step n Pump 8:30am Shelie, All Levels	Step 2 8:25am Lisa, L2-3	
9:15 / 9:30am	Muscle Max 9:30am Debbie All Levels	Stretch 9:30am Debbie, All Levels (Teen Center)	LES MILLS BODYCOMBAT LES MILLS CXWORX 9:30-10:30am Shelby	Muscle Max 9:30am Sherry L2-3	Cardio Spice 9:30am Debbie All Levels	Quick Core 9:25-9:40am Lisa All Levels	3:15pm LES MILLS CXWORX 3:15-3:45pm Rick, All Levels
9:30 / 10:30am		LES MILLS BODYCOMBAT 9:30am Fred, All Levels				Muscle Max 9:45am Lisa All Levels	
10:30 / 11:00am	Silver Sneakers Cardio Circuit 10:30am Lisa Pilates, 10:30am Martha (Teen Center)	Step 10:30am Muscle Max 11am Lisa, All Levels	Yoga 10:30-11:30am Martha All Levels	Core/Stretch 10:30am Sherry L2-3	Stretch 10:30am Debbie All Levels	Yoga 10:45am Martha All Levels	4pm Yoga Shelie All Levels
11:30 / 11:45am	Silver Sneakers Cardio Circuit 11:30am Lisa	Silver Sneakers CLASSIC 11:30am Lisa	Silver Sneakers Cardio Circuit 11:30am Martha	Silver Sneakers CLASSIC 11:30am Sherry	Silver Sneakers Cardio Circuit 11:30am Lisa	ZUMBA 11:45am Christine, All Levels	
12:00 / 12:30pm	Silver Sneakers Yoga/Stretch 12:30am Lisa	ZUMBA Gold 12:30pm Veruska	Silver Sneakers Yoga/Stretch 12:30am Martha	ZUMBA Gold 12:30pm Veruska			
4:00 / 4:30pm	Yoga/Pilates 4:00pm Christine All Levels	Yoga Groove 4:00pm Shelie All Levels	Yoga/Pilates 4:00pm Martha All Levels	Yoga 4:00pm Shelie All Levels	Power Yoga 4:00pm Martha All Levels		
5:00pm		Step n Pump 5pm Lisa, All Levels		Circuit 5pm Mark, All Levels	Muscle Max 5pm Martha, All Levels		
5:30pm	LES MILLS BODYCOMBAT 5:30pm Ilia, L2-3	Family Boot Camp 5:30-6pm Shera (Teen Center)	Muscle Max 5:30pm Lynn, All Levels	Family Boot Camp 5:30-6pm Shera (Teen Center)			
6:00 / 6:30pm	LES MILLS BODYPUMP 6:30pm Erin, L2-3	H.E.A.T. 6-6:45pm Mark, All Levels	Triple Threat 6:30pm Lisa, All Levels	LES MILLS BODYPUMP 6pm Mark, All Levels	ZUMBA Family 6pm Patty, All Levels		
7:00 / 7:30pm	Yoga 7:30pm Martha All Levels	LES MILLS BODYPUMP 7pm Mark, All Levels	ZUMBA Tone 7:30pm Christine, All Levels	Yoga 7:00pm Martha			

» **Bodypump, CX Worx & Silver Sneakers** classes require sign-up at the welcome center desk, beginning 65 minutes prior to class start.
» Schedule is subject to change without notice...substitutes are listed on the board above the water fountain.



WE'RE MOBILE! Be sure to view your exercise schedule on our mobile app.



Class Descriptions

BODYPUMP – A choreographed weight class that challenges all your muscles using a barbell for squats, presses, lifts, and more. Sign up for this class is required. *EXPRESS CLASSES ARE 30-45 MINUTES & SKIP THE BICEP/TRICEP TRACKS

BODYCOMBAT – A fast-paced mix of kickboxing and martial arts – killer cardio!

CXWORX – 30 minutes of intensive core/glute training, from the people who brought you Bodypump/Bodycombat

Cardio Spice – Spicy, Latin-inspired dance moves with simple choreography make this class do-able for most everyone

Cardio Xpress Core – 30 minutes of heart pumpin' cardio in this EXPRESS class! This intense class combines the best of simple cardio exercises to challenge your endurance, balance and coordination in a fun, effective workout!

Circuit – Interval stations of cardio and resistance training, including weights, plyometrics, and more, without choreography

H.E.A.T. – High Energy Athletic Training—similar to wildly popular at home programs, uses athletic drills and body weight for 45 minutes of intense cardio training. Burning mega-calories!!!

Kickboxing – A heart-pumping combination of boxing moves, kicks, and punches.

Muscle Max – Muscular strength & endurance exercises using weights and bands, suitable for all levels!

Pilates – A mat class using a progression of movements to increase core strength and stability. Harder than you'd think!

Silver Sneakers – Classes for our seniors! MSROM uses a chair, light weights, and balls to increase strength and range of motion; Cardio Circuit uses mostly standing choreography for a little more challenge. Yogastretch uses chair support through a complete series of seated and standing yoga poses.

Step – A choreographed workout using the step to increase cardiovascular endurance. Step N Pump mixes in intervals of strength work.

Stretch – Relax and rejuvenate your entire body while gaining functional flexibility in all muscle groups

Triple Threat – A challenging combination of cardio, strength, and core exercises to help you get the most bang for your buck in a 55-minute timeslot.

Yoga – Intense but relaxing class that will increase your flexibility and strength. Characterized by a flowing series of poses, practiced in a continuous succession.

Yoga Groove – Spice up your yoga with more upbeat music and get re-energized to finish your day strong!

ZUMBA – The world-wide craze that has been dominating group fitness for years! Choreographed dances fusing various Latin dance styles. Familiar Latin and other dance music creates an energetic, party atmosphere for your workout!

ZUMBA Gold – Zumba for the rest of us! Features the same dance & music styles of original Zumba, but slowed down and simplified. Especially created for our OASIS, Silver Sneakers, and LIVESTRONG members, but open to everyone.

Please note, different levels of fitness from 1-4 are given to each class to better serve our members:

Level 1 – (L1) Class is suitable for someone just beginning to exercise or coming back to exercise. Basic skill required. Class allows members time to socialize with each other.

Level 2 – (L2) Designed for the students who have the basic skills. Class will incorporate basic movements with modifications to allow for an increase of intensity. Basic exercise experience is necessary.

Level 3 – (L3) Designed for those who have regular exercise experience. Class will incorporate moderate to high level of intensity.

Level 4 – (L4) Class is appropriate for families and children. Classes are based on the individual abilities of each participant. Friendship and cooperation are emphasized through partner and teamwork.