



## Fitness Studio Classes

### Monday

Peloton Spin Live	TBA	6:00AM
Power Pilates Express	Linda	8:00AM
Barbell Body Express	Jen	8:45AM
Sprint Cycle Express	Jen	9:15AM
Pilates for Golf*	Linda	11:00AM
Pilates Reformer +	Linda	12:00PM
Slow Flow Yoga*	Kathrine	6:30PM

### Tuesday

Peloton Spin Express	TBA	8:45AM
Tai Chi*	Linda	9:30AM
Pilates Reformer +	Linda	10:30AM
Bootcamp**	Chris	6:30PM

### Wednesday

Power Pilates Plus	Linda	8:30AM
Masterclass	TBA	9:30AM

### Thursday

Cross Training Circuit	Chris	8:30AM
Basic & Beyond Yoga*	Kathrine	9:45AM
Pilates Reformer +	Linda	10:30AM

### Friday

Core Express	Daff	8:00AM
Cycle Special	Chris	8:45AM
Shamrock Shake Up	March 27th	
Gentle Yoga*	Amy	9:45AM

### Saturday

Tai Chi*	Linda	10:30AM
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*Classes on the 7th & 21st*

*Express Classes (30 Minutes) – \$5.00 per class*

*General Classes (60 Minutes) – \$7.50 per class*

*Specialty Class\* – \$10 per class*

*SGPT Class\*\* – \$18 per class*

*Pilates Reformer+ – \$30 per class by appointment*



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# Class Descriptions

## Cardio

### **Cardio Strength – 60 minutes**

*Join the party in a series of dance sequences and strength training. A fun way to burn more calories and relieve stress!*

### **Cross Training Circuit – 60 minutes**

*Total body workout that conditions and strengthens. Cardiovascular and weight training sure to improve your physique.*

### **Peloton Spin – 45 minutes**

*Experience the power of Peloton! Tap into the energy of elite instructors, style and music to keep you engaged. Ride now!*

### **Sprint Cycle – 30 minutes**

*Thirty minutes of high intensity interval training on the bikes.*

## Strength

### **Barbell Body – 30 minutes**

*Strengthen and tone using barbells. Designed for anyone looking to power muscles into shape for a full body sculpted look.*

### **Bootcamp\*\* – 60 minutes**

*Circuit style total body conditioning! A class designed for Small Group Personal Training (SGPT).*

### **Core Express – 30 minutes**

*Strengthen your abs and lower back for sport, physique..*

## Pilates & Yoga

**Gentle Yoga\*** - Safe, slow-paced, gentle poses to relax the mind and body.

### **Pilates for Golf\* – 60 minutes**

*Improve your golf performance by correcting posture, core strength, balance, and flexibility.*

### **Pilates Reformer+ – 60 minutes**

*Increase body awareness, improve flexibility and spinal alignment.*

### **Power Pilates Express – 30 minutes**

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

### **Slow Flow Yoga\* – 60 minutes**

*Stress-relieving class to stretch the body, releasing tension and increasing flexibility. Build awareness of breath and the body.*

### **Tai Chi\* – 60 minutes**

*Reduce stress by performing low impact, gentle focused movements to create awareness, reduce the risk of falls, and improve balance*

**Fees may vary. Classes subject to change.**

**Please pre-register for all Group Fitness classes on Clubster.**

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

**Email: ckeefe@avilagolf.com**

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