

# Carrollwood Country Club - Fitness Class Schedule

Times are subject to change. Call 813-961-1368

## August 2019

**A/B Workout—30 min.—Free-Members/\$10-guests**

Firm your abs & butt! Low-impact, fun workout!

Tues. 9:30am —Manny Calo

**Ballroom Dance—60 min.—\$10-Mb/\$15-gst**

Learn to salsa, swing, foxtrot, rumba, cha cha, etc.

Tues. & Thurs. 6pm—Janice Fiorello

**Body Toning—30 min. -Free-Mb/\$10-gst**

Develop definition & muscular endurance!

Fri. 9:30am—Manny Calo

**Boxing—30 min. -Free-Mb/\$10-gst**

Learn basic boxing skills & get in shape!

Fri. 7:30am—Manny Calo

**Cardio Core—30 min. -Free-Mb/\$10-gst**

A gentle back & core workout.

Wed. 9:30am—Char Aukland

**Flexibility Training—30 min. -Free-Mb/\$10-gst**

Easy stretching exercises with Manny.

Fri. 10am—Manny Calo

**Intro to Weight Training—30 min. Free-Mb/\$10-gst**

Learn the proper form & technique to prevent injury.

This class should be avoided by anyone with balance problems.

Mon. 9:30am—Char Aukland

**Stress & Stretching—30 min. -Free-Mb/\$10-gst**

Gentle stretching, stress relief, gain flexibility

Wed. 10am—Char Aukland

**Sr. Kickboxing—30 min.—Free-Members/\$10-guests**

Low-impact, fun workout!

Thurs.. 9:30am —Manny Calo

**Sit & Fit-30 min.—Free-Mbs/\$10-gst**

Workout while sitting in a chair!

Thurs. 10am—Manny Calo

**Yoga—60 min.—\$15-Mb/\$20-gst or \$12/class Mb/**

**\$17/class-gst if you pay for the month**

Tues. 10am—Agnes Vero

**Water Aerobics—30 min. -Free-Mb/\$10-gst**

A complete body workout in the pool!

Tues. 10am—Manny Calo

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 6p-Ballroom	2	3
4	5 9:30a-Introduction to Weight Training	6 10a-Yoga 6p-Ballroom	7 9:30a-Cardio Core 10a- Stress & Stretching	8 6p-Ballroom	9	10
11	12 9:30a-Introduction to Weight Training	13 10a-Yoga 6p-Ballroom	14 9:30a-Cardio Core 10a- Stress & Stretching	15 9:30a-Sr. Kickbox- ing 10am-Sit & Fit  6p-Ballroom	16 7:30a-Boxing 9:30a-Body Toning 10a—Flexibility	17
18	19 9:30a-Introduction to Weight Training	20 9:30am—A/B Workout 10a-Yoga 10a-Water Aero- bics 6p-Ballroom	21 9:30a-Cardio Core 10a- Stress & Stretching	22 9:30a-Sr. Kickbox- ing 10am-Sit & Fit  6p-Ballroom	23 7:30a-Boxing 9:30a-Body Toning 10a—Flexibility	24
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