

# Carrollwood Country Club - Fitness Class Schedule

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

## January 2019

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

Firm your abs & butt! Low-impact, fun workout!  
Tues. 9:30am —Manny Calo

### Aerobic Dance—30 min.—Free-Members/\$10-guests

Get fit with easy freestyle dance moves to music!  
Wed. 10am & 5pm—Mimi Rollefson

### 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

### Core Beings—30 min. -Free-Mb/\$10-gst

A gentle back & core workout.  
Wed. 9:30am—Char Aukland

### Flex-Fit—30 min.—Free-Members/\$10-guests

Gentle stretching using Pilates techniques!  
Mon. 10am; Wed. 4:30pm—Mimi Rollefson

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

Easy stretching exercises with Manny.  
Fri. 10am—Manny Calo

### Outdoor Fitness—30 min. -Free-Mb/\$10-gst

Increase fitness & range of motion outdoors!  
Tues. 10:30am—Manny Calo

### Introduction to Weight Training—30 min.

**Free-Mb/\$10-gst**  
Learn the proper form & technique to prevent injury.  
Mon. 9:30am—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—75 min.—\$15-Mb/\$20-gst or \$12/class Mb/

**\$17/class-gst if you pay for the month**  
Gentle poses, relaxation & meditation  
Mon. 6:30pm/Tues. 10am/Thurs. 11am—Agnes Vero

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		<b>1</b> <b>NEW YEAR'S DAY</b>	<b>2</b> 9:30a-Core Beings 10a-Aerobic Dance  4:30p-Flex-Fit 5p-Aerobic Dance	<b>3</b> 9:30a-Sr. Kickboxing 10am-Sit & Fit 6p-Ballroom	<b>4</b> 7:30a-Boxing 9:30a-Body Toning 10a—Flexibility Training	<b>5</b>
<b>6</b>	<b>7</b> 9:30a-Introduction to Weight Training 10a-Flex-Fit  6:30p-Yoga	<b>8</b> 9:30am—A/B Workout 10a-Yoga 10a-Outdoor Fitness	<b>9</b> 9:30a-Core Beings 10a-Aerobic Dance  4:30p-Flex-Fit 5p-Aerobic Dance	<b>10</b> 9:30a-Sr. Kickboxing 10am-Sit & Fit 11a- Yoga 6p-Ballroom	<b>11</b> 7:30a-Boxing 9:30a-Body Toning 10a—Flexibility Training	12
<b>13</b>	<b>14</b> 9:30a-Introduction to Weight Training 10a-Flex-Fit  6:30p-Yoga	<b>15</b> 9:30am—A/B Workout 10a-Yoga 10a-Outdoor Fitness 6p-Ballroom	<b>16</b> 9:30a-Core Beings 10a-Aerobic Dance  4:30p-Flex-Fit 5p-Aerobic Dance	<b>17</b> 9:30a-Sr. Kickboxing 10am-Sit & Fit 11a- Yoga 6p-Ballroom	<b>18</b> 7:30a-Boxing 9:30a-Body Toning 10a—Flexibility Training	<b>19</b>
<b>20</b>	<b>21</b> <b>MLK DAY</b> 9:30a-Introduction to Weight Training 10a-Flex-Fit  6:30p-Yoga	<b>22</b> 9:30am—A/B Workout 10a-Yoga 10a-Outdoor Fitness 6p-Ballroom	<b>23</b> 9:30a-Core Beings 10a-Aerobic Dance  4:30p-Flex-Fit 5p-Aerobic Dance	<b>24</b> 9:30a-Sr. Kickboxing 10am-Sit & Fit 11a- Yoga 6p-Ballroom	<b>25</b> 7:30a-Boxing 9:30a-Body Toning 10a—Flexibility Training	<b>26</b>
<b>27</b>	<b>28</b> 9:30a-Introduction to Weight Training 10a-Flex-Fit  6:30p-Yoga	<b>29</b> 9:30am—A/B Workout 10a-Yoga 10a-Outdoor Fitness 6p-Ballroom	<b>30</b> 9:30a-Core Beings 10a-Aerobic Dance  4:30p-Flex-Fit 5p-Aerobic Dance	<b>31</b> 9:30a-Sr. Kickboxing 10am-Sit & Fit 11a- Yoga 6p-Ballroom		