

Carrollwood Country Club - Fitness Class Schedule

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

May 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

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

Increase fitness & range of motion outdoors!

Tues. 10:30am—Manny Calo

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

Learn the proper form & technique to prevent injury.

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—75 min.—\$15-Mb/\$20-gst or \$12/class Mb/

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

Tues. 10am/Thurs. 11am—Agnes Vero

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

Increase fitness & range of motion in the outdoors!

Tues. 10am—Manny Calo

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 9:30a-Cardio Core 10a- Stress & Stretching	2 9:30a-Sr. Kickboxing 10am-Sit & Fit 11a- Yoga 6p-Ballroom	3 7:30a-Boxing 9:30a-Body Toning 10a—Flexibility	4
5	6 9:30a-Introduction to Weight Training	7 9:30am—A/B Workout 10a-Yoga 10a-Outdoor Fitness 6p-Ballroom	8 9:30a-Cardio Core 10a- Stress & Stretching	9 9:30a-Sr. Kickboxing 10am-Sit & Fit 11a- Yoga 6p-Ballroom	10 7:30a-Boxing 9:30a-Body Toning 10a—Flexibility	11
12 Mother's Day	13 9:30a-Introduction to Weight Training	14 9:30am—A/B Workout 10a-Yoga 10a-Outdoor Fitness 6p-Ballroom	15 9:30a-Cardio Core 10a- Stress & Stretching	16 9:30a-Sr. Kickboxing 10am-Sit & Fit 11a- Yoga 6p-Ballroom	17 7:30a-Boxing 9:30a-Body Toning 10a—Flexibility	18
19	20 9:30a-Introduction to Weight Training	21 9:30am—A/B Workout 10a-Yoga 10a-Outdoor Fitness 6p-Ballroom	22 9:30a-Cardio Core 10a- Stress & Stretching	23 9:30a-Sr. Kickboxing 10am-Sit & Fit 11a- Yoga 6p-Ballroom	24 7:30a-Boxing 9:30a-Body Toning 10a—Flexibility	25
26	27 Memorial Day	28 9:30am—A/B Workout 10a-Yoga 10a-Outdoor Fitness 6p-Ballroom	29 9:30a-Cardio Core 10a- Stress & Stretching	30 9:30a-Sr. Kickboxing 10am-Sit & Fit 11a- Yoga 6p-Ballroom	31 7:30a-Boxing 9:30a-Body Toning 10a—Flexibility	