

# Choice Fitness

Schedules for  
June 2010

## CLUB HOURS

**OPEN 24 HOURS**

Sun. - 7 AM til Fri. - 11 PM

Saturday - 7 AM - 11 PM

## KIDZ ZONE HOURS

**Monday - Thursday**

8:30 am - 12:00 pm

4:00 pm - 8:00 pm

**Friday**

8:30 am - 12:00 pm

4:00 pm - 7:00 pm

**Saturday**

8:30 am - 12:00 pm












936 South Howard Avenue

Tampa, Florida 33606

813-258-2639

[www.ChoiceFitnessClubs.com](http://www.ChoiceFitnessClubs.com)

\*\*Please obtain passes from the front desk to participate in these classes.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
<b>GROUP EXERCISE</b>	6:45 a.m.	<b>TOTAL FITNESS</b> (Chavonne)	<b>YOGA FLOW</b> (Thom)	<b>TOTAL FITNESS</b> (Chavonne)	<b>YOGA FLOW</b> (Thom)			
	8:30 a.m.				<b>BIKES BUTTS &amp; GUTS</b> (Jennifer)	<b>BODYPUMP™</b> (Natalie)		
	10:00 a.m.					<b>PILATES</b> (Jennifer)		
	11:00 a.m.					<b>POWER BLAST</b> (Melody) 11:00 am		
	4:00 p.m.			<b>YOGA FLOW</b> (Thom) 4:00 pm				
	5:30 p.m.	<b>BOOT CAMP EXPRESS</b> (Sabrina) 45 mins. 5:15 pm	<b>CORE CONDITIONING</b> (Cece) 30 mins	<b>PILATES</b> (Melody)	<b>BEACH BODY BOOT CAMP</b> (Mary Ellen) 5:15 45 min.	<b>HAPPY HOUR YOGA</b> (Deena Rae) 1hr 15 mins 5:45 pm		<b>FLOW YOGA</b> (Deena Rae) 90 mins.
	6:00 p.m.	<b>STEP</b> (Yvette)	<b>BODYPUMP™</b> (Nancy)		<b>BODYPUMP™</b> (Warren)			
	6:30 p.m.			<b>YOGA</b> (Deena) 70 mins				
7:00 p.m.	<b>BODYPUMP™</b> (Yvette)	<b>ZUMBA</b> (Doug)	<b>FACIAL YOGA</b> (Deena) 20 min.	<b>STEP</b> (Warren)				
<b>SPINNING</b>	6:00 a.m.	<b>SPIN®</b> (Nancy) 45 mins. 	<b>SPIN®</b> (Laura) 45 mins. 	<b>SPIN®</b> (Natalie) 45 mins. 	<b>SPIN®</b> (Conna) 45 mins. 	<b>SPIN®</b> (Conna) 45 mins. 		
	9:00 a.m.						<b>TAIL-SPIN</b> (Matt)	
	10:00 a.m.						<b>SPIN®</b> (Ian)** 	
	5:30 p.m.	<b>SPIN®</b> (Laura)** 45 mins. 		<b>SPIN®</b> (Laura)** 45 mins. 				
	6:00 p.m.		<b>LATIN SPIN®</b> (Cece) 		<b>TAIL-SPIN</b> (April)**			
	6:30 p.m.	<b>SPIN®</b> (Conna)** 45 mins. 		<b>SPIN®</b> (Sabrina) 45 mins. 				
<b>BOXING</b>	10:30 a.m.						<b>BOXING for FITNESS</b> (Joe)	
	6:00 p.m.	<b>BOXING for FITNESS</b> (Joe)	<b>BOXING for FITNESS</b> (Shane)	<b>BOXING for FITNESS</b> (Chrissie)	<b>BOXING for FITNESS</b> (Shane)	<b>BOXING for FITNESS</b> (Shane)		
	7:00 p.m.	<b>BOXING for FITNESS</b> (Joe)	<b>BOXING for FITNESS</b> (Shane)	<b>BOXING for FITNESS</b> (Chrissie)	<b>CARDIO KICKBOXING</b> (Eric) 7:00 pm			