

Choice Fitness

Schedules for
2011

(Updated 2/10/2011)

CLUB HOURS

Mon.-Thurs. 5am - 11pm

Fri. - 5am - 10pm

Sun. & Sat. -7am - 8pm

KIDZ ZONE HOURS

Monday

4:00 pm - 8:00 pm

Tuesday - Thursday

8:30 am - 12:00 pm

4:00 pm - 8:00 pm

Friday

8:30 am - 12:00 pm

Saturday

8:30 am - 12:00 pm













936 South Howard Avenue

Tampa, Florida 33606

813-258-2639

www.ChoiceFitnessClubs.com

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

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
GROUP EXERCISE	6:45 a.m.		YOGA FLOW (Thom)	YOGA FLOW (Thom)				
	9:00 a.m.					BODYPUMP™ (Natalie)		
	10:00 a.m.						YOGA (Deena Rae)	
	4:00 p.m.			YOGA FLOW (Thom) 4:00 pm				
	5:30 p.m.	BOOT CAMP EXPRESS (Sabrina) 45 mins. 5:15 pm	CORE CONDITIONING (Cece) 30 mins	PILATES (Deena Rae)	TOTAL FITNESS (Cece) 45 mins. 5:15 pm	HAPPY HOUR YOGA (Deena Rae) 1hr 15 mins 5:45 pm		FLOW YOGA (Deena Rae) 90 mins.
	6:00 p.m.	STEP (Yvette)	BODYPUMP™ (Nancy)		BODYPUMP™ (Warren)			
	6:30 p.m.			YOGA (Deena Rae) 70 mins				
	7:00 p.m.	BODYPUMP™ (Yvette)	ZUMBA (Doug)	FACIAL YOGA (Deena) 20 min.				
SPINNING	6:00 a.m.	SPIN® (Natalie) 45 mins. 	SPIN® (Laura) 45 mins. 	SPIN® (Nancy) 45 mins. 	SPIN® (Conna) 45 mins. 	SPIN® (Conna) 45 mins. 		
	9:00 a.m.						TAIL-SPIN (Matt)	
	10:00 a.m.							SPIN® (Ian)** 
	5:30 p.m.	SPIN® (Sara)** 45 mins. 		SPIN® (Sara)** 45 mins. 				
	6:00 p.m.		LATIN SPIN® (Cece) 		SPIN® (April)** 			
6:30 p.m.	SPIN® (Cece)** 45 mins. 		SPIN® (Sabrina) 45 mins. 					
BOXING	10:30 a.m.						BOXING for FITNESS (Alex)	
	6:00 p.m.	BOXING for FITNESS (Alex)	BOXING for FITNESS (Lance)	BOXING for FITNESS (Paul)	BOXING for FITNESS (Alex)	BOXING for FITNESS (Alex)		
	7:00 p.m.	BOXING for FITNESS (Lance)	BOXING for FITNESS (Lance)	BOXING for FITNESS (Lance)	CARDIO KICKBOXING (Paul) 7:00 pm			