

Choice Fitness

Schedules for Fall 2010

(Updated 8/31/2010)

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

**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)	TOTAL FITNESS (Chavonne)	YOGA FLOW (Thom)	TOTAL FITNESS (Chavonne)		
	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)	BOOT CAMP EXPRESS (Chavonne) 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.	STEP (Warren)			
	SPINNING	6:00 a.m.	SPIN® (Nancy) 45 mins. 	SPIN® (Laura) 45 mins. 	SPIN® (Natalie) 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® (Laura)** 45 mins. 		SPIN® (Laura)** 45 mins. 				
6:00 p.m.			LATIN SPIN® (Cece) 		SPIN® (April)** 			
6:30 p.m.		SPIN® (Conna)** 45 mins. 		SPIN® (Sabrina) 45 mins. 				
BOXING	10:30 a.m.						BOXING for FITNESS (Shane)	
	6:00 p.m.	BOXING for FITNESS (Shane)	BOXING for FITNESS (Shane)	BOXING for FITNESS (Jenna)	BOXING for FITNESS (Christie)	BOXING for FITNESS (Shane)		
	7:00 p.m.	BOXING for FITNESS (Shane)	BOXING for FITNESS (Shane)	BOXING for FITNESS (Jenna)	CARDIO KICKBOXING (Eric) 7:00 pm			