

Club Hours:

Mon-Thu 5:00am – 9:00pm
 Fri 5:00am – 8:00pm
 Sat 8:00am – 5:00pm
 Sun 9:00am – 3:00pm

Day Care Hours:

Mon 8:00am-noon/4:00pm-8:30pm
 Tue-Thu 8:00am-noon/4:00pm-8:00pm
 Fri 8:00am-noon/4:00pm-7:00pm
 Sat 8:00am-1:00pm



Carrollwood (813) 962.2700
 GENERAL MANAGER: AnnMarie DiCairano
www.shapestotalfitness.com



***Water shoes and a towel
 are required for aqua classes**

***Call to reserve a spot for
 Water Classes –max 20 students**

SUMMER 2014

Group Fitness Schedule

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:30am	AB ATTACK Terri	BUTTS & GUTS Mabel	RETRO Shannon	CARDIO INTERVAL Jennifer	PUMP Kris	STEP Cheryl	
9:00am	CARDIO INTERVAL Jenn	RETRO Jennifer	STEP Shannon	PUMP Jennifer			
9:30am	PUMP Jenn	PUMP Jennifer	PUMP Mabel	RETRO Sharon	CARDIO INTERVAL Jenn	PUMP Laurie	ZUMBA Liza
10:00am		VERTICAL CORE Terri		AB ATTACK Sharon	STEP Jenn		
10:30am	ZUMBA Aichia/Payal	PILATES Terri	**10:45** PILATES Wilda	ZUMBA Alfredo	**10:45** YOGA Laura	ZUMBA Alex	
11:00am	**11:15** YOGA Jennifer						YOGA Laura
2:00 pm	ZEN Tonya						
4:30pm			BOOTY BOOT CAMP Laura		AWT Lori		
5:30pm	BUTTS & GUTS Lori	STEP Cheryl	CARDIO INTERVAL Lori	STEP Cheryl			
6:00pm	PUMP Lori	CARDIO INTERVAL Cheryl	PUMP Lori	BUTTS & GUTS Cheryl	ZUMBA Anamaria		
6:30pm	KICKBOX Cheryl	PUMP Terri	**NEW** BOLLYHOP Payal	ZUMBA Liza			
7:30pm	ZUMBA Liza	**7:00** YOGA Rhia					

WATER FITNESS* PLEASE CALL AHEAD, max 20 students

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:00am	WHITE WATER Sis				**8:45** WHITE WATER Sis	**8:30** MAKING WAVES Lorely	
9:00am	**9:15** GENTLE JOINTS Sis		aqua ZUMBA Aicha	MAKING WAVES Tonya		**9:30** aqua ZUMBA Liza	
10:00am		aqua ZUMBA 9:30 Aicha	**11:30** VOLLEYBALL	H.I.I.T. Tonya	**10:15** aqua ZUMBA Charmaine		**12:30-2:00** VOLLEYBALL
4:00pm		MAKING WAVES Sis		MAKING WAVES Sis			
6:00pm	aqua ZUMBA Liza	WHITE WATER Linda	**6:30** MAKING WAVES Sis				

CYCLE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:15am	Cycle Kris			Cycle Kris		Cycle Jenn	
6:30pm			**6:30-7:30** BIKE & SHRED Felecia				