



# Fitness Class Schedule

## MAY 2023



# REAL Fit!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Boot Camp (CC)</b> 6:00-7:00am  <b>Seniors in Power Boot Camp</b> 8:00-9:00 (RC)  <b>Pickleball</b> 9:00-1:00 pm (CC)  <b>Tai Chi (RC)</b> 9:15-10:15am  <b>Zumba for Boomers (RC)</b> 10:30 -11:30am  <b>Strength, Stability &amp; Stretch</b> 11:45-12:45 pm (RC)  <b>Urban Line Dancing (RC)</b> 6:00-7:00pm  <b>Belly Dance (RC)</b> 7:15-8:15 pm	<b>Yoga Mornings (RC)</b> 9:00-10:00 am  <b>Pickleball</b> 9:00-11:00 am (CC )  <b>Tai Chi (RC)</b> 10:30-11:30am  <b>Lunch Time Fitness (CC)</b> 11:30am-12:30pm  <b>Zumba for Boomers (RC)</b> 11:45am-12:45pm  <b>Strength, Stability &amp; Stretch</b> 1:00-2:00 pm (RC)  <b>B-fit Boot Camp (RC)</b> 5:30-6:30pm  <b>Zumba (RC)</b> 6:45-7:45pm	<b>Boot Camp (CC)</b> 6:00-7:00am  <b>Seniors in Power Boot Camp</b> 8:00-9:00 (RC)  <b>Pickleball</b> 9:00-1:00 pm (CC)  <b>Tai Chi (RC)</b> 9:15-10:15am  <b>Zumba for Boomers (RC)</b> 10:30-11:30pm  <b>Latin Dance</b> 6:30-7:30 pm (CC)  <b>Yoga Evening (RC)</b> 6:30-7:30pm	<b>Yoga Mornings (RC)</b> 9:00-10:00am  <b>Pickleball</b> 9:00-11:00 (CC)  <b>Tai Chi</b> 10:30-11:30am (RC)  <b>Lunch Time Fitness</b> 11:30-12:30 pm (CC)  <b>Zumba for Boomers</b> 11:45am-12:45pm (RC)  <b>Strength, Stability &amp; Stretch</b> 1:00-2:00 pm (RC)  <b>Zumba (RC)</b> 6:45-7:45pm	<b>Boot Camp (CC)</b> 6:00-7:00am  <b>Pickleball</b> 9:00-1:00 pm (CC)  <b>Table Tennis (RC)</b> 4:30-7:00pm  <b>Pickleball (CC)</b> 6:00-8:00pm
				<b>SATURDAY</b>
				<b>SUNDAY</b>
				<b>CLOSED:</b> <b>MAY 29th for</b> <b>MEMORIAL DAY</b>
<div data-bbox="1323 1302 1469 1522" data-label="Image"></div> <b>FITNESS CENTER HOURS</b> <b>Mon-Fri: 6:00am - 8:00pm, Sat-Sun: 9:00am - 3:00pm</b>				
<div data-bbox="146 1480 332 1648" data-label="Image"></div> <div data-bbox="470 1596 1144 1690" data-label="Text"> <p>CC = Community Center (RC) = Rigsby Center</p> </div>				

## Community Center

650 9<sup>th</sup> Ave. S. • 727-724-1555 x3301

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## **Class Descriptions**

**Belly Dance:** Suitable for absolute beginners and dancers wanting to refine the basics. Introduces students to the moves that make belly dance a beautiful and expressive art form. *(\$7/visit)*

**B-Fit Boot Camp:** Designed to tone, strengthen, and build self-esteem! Bring your mat, dumbbells, water. *(\$5/ visit)*

**Boot Camp:** Consists of cardio conditioning, strength training, and stretching. Every class is different, so no two boot camp sessions are the same. *(\$60/ session)*

**Lunch Time Fitness:** 30 to 40 minute workout with a fifteen-minute warm-up. *(\$5/ visit)*

**Latin Dance:** Move your feet to the rhythms of Salsa and more! *(\$7/visit)*

**Seniors in Power:** Improve your flexibility, balance, core and back to help make your everyday activities easier. *(\$5/visit)*

**Strength, Stability, and Stretch:** This chair based class works on increasing your muscle strength, improving your balance/stability, and stretching to increase range of motion and flexibility. *(\$5/visit)*

**Table Tennis:** Fitness and fun! Improve your game and well-being with a network of Table Tennis enthusiasts! *(\$3/ visit)*

**Tai Chi:** Monday and Wednesday classes for Beginner/Intermediate students, Tuesday and Thursday classes for Advanced students. *(\$5/ visit)*

**Urban Line Dancing:** This class fuses fun music, cardio blasting line dances and targeted exercises to help you get active while having fun! *(\$5/ visit)*

**Yoga Mornings:** Designed to increase your strength and flexibility, improve your balance, and invite you to experience how yoga can become your cornerstone for health and wellness! All levels welcome. Give it a try, yoga is amazing! *(\$7/ visit)*

**Yoga Evening:** Designed to bring balance to the body and mind through holding poses and discovering their benefits. *(\$7/ visit)*

**Zumba :** Discover Zumba—a combination of Latin and international music with a fun and effective workout system. Perfect for everybody and every body. *(\$7/visit)*

**Zumba :** Low intensity, easy to follow moves to upbeat and fun Latin music. *(\$5/ visit)*

**FOR ANY PICKLEBALL INQUIRIES :** Check out our Pickleball open play, clinic and private lesson monthly calendar.

**FITNESS CENTER ORIENTATION CLASS**  
**TUESDAY MAY 16th From 6:00-6:45 pm \$5.00**