












KINGS POINT Group Exercise Menu

February 2010

Water Classes

| Monday | Tuesday | Wednesday | Thursday | Friday | *Monday, Feb 15th, Presidents' Day- Classes as usual.* Happy Valentine's Day   Special Tip: Treat your sweetie to dark chocolate this Valentine's Day. The higher the percentage of cocoa the more heart-healthy antioxidants it contains! |
|--|--|---|---|--|---|
|  | 8:00 KPCH Aquacize |  | 8:00 KPCH Aquacize | 8:30 KPSC Stretch&Sculpt | |
| 9:00 KPCH Deep H2O Power | 9:00 KPCH Deep H2O | | 9:00 KPCH Deep H2O | 10:00 KPCH Joint Effort | |
| 10:00 KPCH In Sync | 10:00 KPCH Joint Effort | | 10:00 KPCH In Sync | 11:15 KPSC Water Walk Outside | |
| 11:15 KPSC Water Power Hour | 11:15 KPSC Water Walk Outside | 11:15 KPSC Double Noodle Wednesdays | 11:15 KPSC Water Walk Inside | 11:15 KPSC Aqua Fun Fridays | |
| 12:30 KPCH Water Power Hour | 12:30 KPCH Water Power Hour | 11:15 KPSC Water Walk Inside | 12:30 KPCH Water Power Hour | | |
| 1:30 KPCH Joint Effort | Winter Special Sessions- Thru April |  | 1:30 KPCH Joint Effort | | |
| 3:00 KPSC Aqua Core | | | | | |

Land Classes

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---|---|---|------------------------------------|---|
| 8:00 KPCH Total Body | | 8:00 KPCH Total Body | | 8:00 KPCH Total Body | |
| 9:00 KPSC Bums & Tums | 9:00 KPSC Flex & Flow | 8:30 KPSC Sunrise Yoga | 9:00 KPSC Bums & Tums | 9:00 KPSC Circuit | 9:00 KPSC Flexibility 90Min |
| 10:00 KPSC Total Body | 10:00 KPSC  ZUMBA | 10:00 KPSC Total Body | 10:00 KPSC  ZUMBA | 10:00 KPSC Total Body | |
| 11:15 KPSC Flexibility 60Min | 11:15 KPSC Flexibility 90Min |  | 11:15 KPSC Flexibility 90Min | 11:15 KPSC Rejuvenation Yoga |  |
| 1:00 KPCH  | 11:30 KPCH Sit & Get Fit | | 1:00 KPCH  | 11:30 KPCH Sit & Get Fit | |
| 2:30 KPSC Rejuvenation Yoga | 2:30 KPSC Fit4Golf | | | | |

Kings Point Clubhouse (KPCH)
813-387-3439
Kings Point South Club (KPSC)
813-387-3469

Class schedule subject to change.

◆Grey box denotes change from previous month or special announcement.