



Group Exercise Menu












JULY 2010

Water Classes

Monday	Tuesday	Wednesday	Thursday	Friday	Class Changes ▶ Thu 7/15 & Fri 7/16 KPCH Studio Closed for Cleaning-Classes to be held in Borini Theatre ▶ Fri 7/16 KPSC 9am Special Session of Pilates ▶ Thu 7/22 & Sat 7/24 Flexibility is cancelled
	8:00 KPCH Aquacize		8:00 KPCH Aquacize		
	8:30 KPSC Stretch&Sculpt			8:30 KPSC Stretch&Sculpt	
9:00 KPCH Deep H2O Power	9:00 KPCH Deep H2O		9:00 KPCH Deep H2O		
10:00 KPCH In Sync	10:00 KPCH Joint Effort	10:00 KPCH In Sync		10:00 KPCH Joint Effort	
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	Mon 7/15- Both Water Power Hour classes & Joint Effort CANCELLED	Wed Water Walking on summer hiatus.	12:30 KPCH Water Power Hour		
1:30 KPCH Joint Effort			1:30 KPCH Joint Effort		

Class schedule subject to change.

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/Jazz 90Min
10:00 KPSC Total Body	 ZUMBA FITNESS	10:00 KPSC Total Body	 ZUMBA FITNESS	10:00 KPSC Total Body	Pilates Special Session Sat. 7/3 - 11am - KPSC Jubilee 3. Kings Point Clubhouse (KPCH) 813-387-3439 Kings Point South Club (KPSC) 813-387-3469
Mon 7/15- Body Pump & Rejuvenation Yoga CANCELLED	11:15 KPSC Flexibility 90Min		11:15 KPSC Flexibility 90Min	11:15 KPSC Rejuvenation Yoga	
	11:30 KPCH Sit & Get Fit		11:30 KPCH Sit & Get Fit		
1:00 KPCH  LESMILLS BODYPUMP		1:00 KPCH  LESMILLS BODYPUMP			
2:30 KPSC Rejuvenation Yoga					♦Grey box denotes change from previous month or special announcement.