

# Joe Abrahams Fitness & Wellness Center

**HOURS: Monday - Friday 6:00 AM - 8:30 PM, Saturday 8:00 AM - 3:00 PM**

<b>Mornings (6:00 AM - Noon)</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>
<b>RISE &amp; SHINE</b> <b>GET GROUNDED STRETCH</b> by Avena	8:00 - 8:55AM		8:00 - 8:55AM		8:00 - 8:55AM	
CARDIO CROSS TRAINING by Nan		8:00 - 8:50AM		8:00 - 8:50AM		
<b>SPRINT INTO ACTION CLUB</b> by Avena				8:15AM		
TAI CHI LITE by Shirley or Linda		9:00 - 9:50AM			9:00 - 9:50AM	
LINE DANCING by Cheryl				9:00 - 9:50AM		
<b>FULL BODY WORKOUT</b> by Rikter		10:00 - 10:50AM		10:00 - 10:50AM		
<b>CARDIO CLUB</b> by Avena	9:00 - 9:50AM		9:00 - 9:50AM		10:00 - 10:50AM	
ZUMBA TONING (\$6 per class; \$45 for 10 classes in 90 days) by Lea Ann	10:00 - 10:55AM		10:00 - 10:55AM			
<b>FUNCTIONAL FITNESS</b> by Art	11:00 - 11:50AM		11:00 - 11:50AM		11:00 - 11:50AM	
HATHA FLOW YOGA (\$7 per class) by Nancy						9:00 - 10:15AM

Gym rates \$15 per month or \$150 per year  
 All classes are FREE to members unless otherwise noted.  
**BOLD** taught by trained city staff.



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<b>Evenings</b> (Noon - 8:30 PM)	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>
<b>HI / LO AEROBICS</b> by Rikter	5:45 - 6:45PM		5:45 - 6:45PM			
ZUMBA (\$6 per class; \$45 for 10 classes in 90 days) by Lea Ann		5:30 - 6:45PM		5:30 - 6:45PM		
YOGA (\$7 per class) by Peggy		Hatha 7:00 - 8:30PM		Kali Ray Tri 7:00 - 8:30PM		
ZUMBA STEP (\$6 per class; \$45 for 10 classes in 90 days) by Lea Ann	7:00 - 7:45PM					
<b>JUDO-JUJSITU &amp; MUSIC</b> by Dr. Bobbie			7:00 - 8:00PM			

**Joe Abrahams Fitness & Wellness Center**

**5212 Interbay Blvd**

**Tampa, FL 33611**

**(813) 832-1207**

[www.tampagov.net/parks\\_and\\_recreation/](http://www.tampagov.net/parks_and_recreation/)

