JOE ABRAHAMS FITNESS & WELLNESS CENTER
5212 Interbay Blvd
Tampa Fl, 33611
DUE TO COVID SCHEDULE APPOINTMENTS ON-LINE
www.tampagov.net/dept_parks_and_recreation/ UPDATED 9/14/2020

MORNINGS 8:00AM-12PM	**MONDAY**	**TUESDAY**	**WEDNESDAY**	**THURSDAY**	**FRIDAY**	**SATURDAY**
8:00am	**MORNING STRETCH** *AVENA/LEA ANN* LIVE/VIRTUAL	**LIGHT CARDIO LIGHT WEIGHTS** *LEA ANN* **LIVE/VIRTUAL**	**MORNING STRETCH** *AVENA/LEA ANN* LIVE/VIRTUAL	**LIGHT CARDIO LIGHT WEIGHTS** *LEA ANN* **LIVE/VIRTUAL**	**MORNING STRETCH** *AVENA/LEA ANN* LIVE/VIRTUAL	
9:00am	**CARDIO CLUB** *AVENA* LIVE/VIRTUAL		**CARDIO CLUB** *AVENA* LIVE/VIRTUAL			HATHA FLOW YOGA ($7 per class) *NANCY*
10:00am	**ZUMBA** ($6 per class;$45 for 10 classes *NATALIE* **Starts October**		**ZUMBA** ($6 per class;$45 for 10 classes *NATALIE* **Starts October**		**ZUMBA** ($6 per class;$45 for 10 classes *NATALIE* **Starts October**	
11:00am	**FIT, FUN FABULOUS** *LEA ANN* **LIVE/VIRTUAL**		**FIT, FUN FABULOUS** *LEA ANN* **LIVE/VIRTUAL**		**FIT, FUN FABULOUS** *LEA ANN* **LIVE/VIRTUAL**	
EVENINGS 5:30PM-8:00PM	**MONDAY**	**TUESDAY**	**WEDNESDAY**	**THURSDAY**	**FRIDAY**	**SATURDAY**
5:30pm-6:45pm		**ZUMBA** ($6 per class;$45 for 10 classes *NATALIE* **Starts October**		**ZUMBA** ($6 per class;$45 for 10 classes *NATALIE* **Starts October**		
6:00pm-7:00pm	***PILATES COMING SOON*** *($6 per class;$45 for 10 classes* *DENISE*		Parks&Recreation CITY OF TAMPA			
7:00pm		HATHA YOGA ($7per class) PEGGY		KALI RAY YOGA ($7per class) PEGGY		

HOURS: Monday– Friday 6:00am - 8:00pm Saturday 8:00am –2:00pm
CLOSE BETWEEN 2:00 PM & 3 :00 PM
Gym rates $15 per month or $150 per year
All classes are included in the membership unless noted
(813)-832-1207

Cardio Club – A progressive High Intensity Interval Training Class designed to challenge athletes in any sport. Combination of weights, plyometric, isometric and functional fitness. Class participants can expect to strengthen the heart, tone muscles and improve all over physical functionality.

Fit, Fun & Fabulous – A class that is appropriate for all age levels to improve muscle movement, functioning, toning and core stability. The functional class that works the upper and lower body. Focus of the class is to improve Range of Motion, Planes of Motion, Cardiovascular Training, Strength Training and Core Stability.

Hatha Yoga – The class concentrates on physical and mental wellbeing Hatha yoga uses bodily postures, breathing techniques and meditation to help bring in a sound healthy body, clear and peaceful mind. Promotes circulation in all the organs, glands and tissues. The postures also stretch and align the body, promoting balance and flexibility.

Kali Ray Tri Yoga - students learn fundamental movements and breathing techniques. Students increase their knowledge of posture and flow, as well as comprehensively building strength, flexibility, endurance and breath control. Due to the systematic approach, students of all levels may practice together, modifying sequences to their own abilities.

Light weights and Cardio– combines strength and toning exercise with weights and variety of equipment. Low impact class to promote movement, toning and muscle strength.

Morning Stretch – Overall body stretch to help improve mobility, flexibility, joint and range of motion. Aids in balance, coordination, stress relief and better posture.

Zumba – A total workout, combining all elements of fitness – cardio, muscle conditioning, balance and flexibility. A fitness program that combines Latin and international music with dance moves. Energetic music with fun choreography incorporates samba, salsa, soca, merengue, hip hop, and mambo. Fun filled class to work out, lose weight and burn calories.

Pilates Fusion– Combines basic mat Pilates with body sculpting and basic stretches for a low impact and a high/low intensity workout adjustable to all fitness levels. The class will help enhance body tone, core, strength and flexibility.

COMING SOON

Parks&Recreation
CITY OF TAMPA