

January 2017 Group Fitness Classes

Monday	Tuesday	Wednesday	Thursday	Friday
<p>12:10 to 1:00 pm Body Circuit Instructor: Melissa (1/9, 1/23, 1/30)</p> <p>(1/2, 1/16- NO CLASS HOLIDAY OBSERVED)</p>	<p>6:15 to 7:15 am Spin* Instructor: Nancy (1/3, 1/10, 1/17, 1/24, 1/31)</p>	<p>12:10 to 1:00 pm Step Circuit Instructor: Melissa (1/4, 1/11,)</p> <p>Mat Pilates Instructor: Melissa (1/18, 1/25)</p>	<p>6:15 to 7:15 am Spin* Instructor: Nancy (1/5, 1/12, 1/19, 1/26)</p>	<p>12:10 to 1:00 pm Zumba Instructor: Melissa (1/6, 1/13)</p> <p>Body Circuit Instructor: Melissa (1/20, 1/27)</p>
	<p>12:15 to 12:45 pm Spin* Instructor: Melissa K. (1/3, 1/10, 1/17, 1/24, 1/31)</p>	<p>12:15 to 12:45 pm Spin* Instructor: Melissa K. (1/4, 1/11, 1/18, 1/25)</p>		
	<p>12:45 to 1:15 pm Full Body Blast Instructor: Ashley (1/3, 1/10, 1/17, 1/24, 1/31)</p>		<p>12:45 to 1:15 pm Full Body Blast Instructor: Ashley (1/5, 1/12, 1/19, 1/26)</p>	
	<p>5:15 to 6:00 pm Zumba Instructor: Melissa (1/3, 1/10, 1/17)</p> <p>Zumba Step (1/24, 1/31)</p>	<p>5:15 to 6:15 pm Yoga Instructor: Kelli (1/4, 1/11, 1/18, 1/25)</p>	<p>5:15 to 6:00 pm Body Circuit Instructor: Melissa (1/5, 1/12, 1/19, 1/26)</p>	

* Orientation required for Spin class.

All group fitness classes are held in the Wellness Center located in the basement of the old courthouse at 324 South Fort Harrison Avenue in downtown Clearwater, and are free for all members. If you're not a member yet, contact our staff to schedule an orientation.

Classes are subject to change.
See page 2 for class descriptions.

Class Descriptions

Circuit Training: This class combines strength training and aerobic/anaerobic training. Various circuits include a full body conditioning circuit, lower body, core, upper body circuits, etc.

Full Body Blast: This is an advanced level 30-minute series of low- to high-intensity exercise workouts. This type of workout helps your heart rate stay in the aerobic zone, while at the same time developing lean muscle tissue.

Killer Abs & Back: This class consists of a full upper body strength training with a variety of cardiovascular movements. The focus is on developing a strong core and back.

Mat Pilates: This class focuses on building strength, improving flexibility and agility, and helping to prevent injury. This is a low-impact class designed for beginner to intermediate levels.

Spin*: An orientation is required to register for this class. Please contact the Wellness Center to schedule an appointment. This class provides an intense cardio workout while still catering to participants of all fitness levels. The best part is that you control your own resistance and speed, allowing you to improve your current fitness level at your pace.

Step : This class provides a cardiovascular workout. It is a form of aerobic fitness distinguished from other types of aerobic exercises by its use of an elevated platform (the step). It is a high-intensity, yet low-impact workout.

Step and Stretch: Comprised of 30 to 40 minutes of step aerobics combinations on an adjustable step followed by 20 minutes of yoga-style core work and stretching.

Yoga: This class combines physical movements and meditation to create a union of mind, body, and spirit. It is a form of non-aerobic exercise for enhancing posture, balance and strength providing an opportunity to increase healthy flexibility in both body and mind.

Zumba: This class fuses a variety of rhythms with easy to follow moves to create a dynamic fitness class. No experience is necessary. You don't have to be a dancer to participate in this class.

Zumba Step: Take calorie burning to new heights with Zumba® Step. Tone and strengthen with a gravity-defying blend of Zumba routines and step aerobics.

Classes rotate monthly so check the website frequently to see the most current schedule:

www.pinellascounty.org/hr/wellness.

If you choose to leave a class early, please make sure to cool down and stretch. Stay hydrated by drinking water before, during, and after class and always work within your own intensity.



Classes subject to change without notice.

Wellness Program | (727) 464-4049 | wellness@pinellascounty.org