## March 2020 Group Fitness Classes

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### March 20, 2020 Update

In light of the public health concern with coronavirus (COVID-19), all fitness classes, demos, orientations, and events are cancelled until further notice and the Wellness Center is closed.

Thank you for your understanding.

* Additional orientation required for Spin classes.

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. *The Wellness Center is now open 24 hours a day/7 days a week.*

If you would like to receive updates for the Wellness Center and class updates including cancellations, contact us at [wellness@pinellascounty.org](mailto:wellness@pinellascounty.org) to have your name added to the Wellness Center Updates list.

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

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Pinellas County Wellness Program  
(727) 464-4049  
[www.pinellascounty.org/hr/wellness](http://www.pinellascounty.org/hr/wellness)
Class Descriptions

Balance, Core, & Strength: Improve your balance, core, and overall strength with a joint-friendly total body workout that includes a mix of slow, controlled strength and balance moves that will help improve your overall general fitness and coordination while building a strong base.

Beginner’s Fitness: This is the perfect class for beginners who want to learn the basics of exercise, and improve strength and endurance. Your instructor will guide you through a series of exercises using bodyweight and dumbbells to help build muscle and tone.

Core & Stretch: A 15 minute express class comprised of core-focused movements followed by yoga style deep stretches to improve strength and flexibility.

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 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.

*Spin: 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.

Strength Training 101 Demo: A one-hour tutorial on the strength equipment. You’ll learn machine basics, and how to set up and properly use each machine. There will be hands-on time to try the equipment with the instructor present. Registration is required and limited to 5 participants per class.

Step & Sculpt: Get your heart rate up with step cardio, tone your core and abs using a variety of equipment, and show your muscles some love with a feel-great stretch.

Trigger Point: This class is designed to help improve flexibility, reduce muscular stiffness, speed up recovery, alleviate pain, and prevent injuries. This will target muscles that are commonly overactive while performing activities of daily living and work specific tasks. During class, you will practice various techniques and stretches to remove and prevent recurring trigger points in the body. Pre-attendance info: Trigger Points

Urban Line Dancing: This class promotes fun and physical activity in an exciting way. It’s a great stress reducer, muscle toner and leg strengthener. It’s a great way to encourage healthier lifestyles by exercising through dancing.

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.

Classes subject to change without notice. Classes rotate monthly so check the website for the most current schedule: www.pinellascounty.org/hr/wellness.

Stay hydrated by drinking water before, during, and after class and always work within your own intensity.

If you choose to leave a class early, please make sure to cool down and stretch.

*Spin orientation required. Please schedule an appointment.

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