












Winter 2011



Monday	Tuesday	Wednesday	Thursday	Friday
	Boot Camp 5:00am Ted	Total Spin 6:00am Ted	Boot Camp 5:00am Ted	Zumba & Kick Boxing Combo 7:00am DeeDee
Total Spin 6:00am Ted	Total Spin 6:00am Ted	Track Workout at Tarpon High School 5:30am Celia	Total Spin 6:00am Ted	Swim Work Out 7:00am Celia
Total Pump Plus 7:00am - 8:00am Johnny	Total Blitz 7:00am Celia	ZUMBA 7:00am DeeDee	Total Blitz 7:00am Celia	Total Pump Plus 7:00am - 8:00am Johnny
INTRO TO ZUMBA & ZUMBA TONING 8:00am Linda		Yoga 8:30 am Pam		Run on the Trail 8:00am Celia
AQUU ZUMBA 9:00am-10:00am Linda	 Silver Splash 1:00PM-1:30PM Pam	AGUA ZUMBA 9:00am-10:00am Linda	 Silver Splash 1:00PM-1:30PM DeeDee	Yoga 8:00am Pam
Beginner Tai Chi 10:00am Sedgie	Total Hear & Body 10:00am Pam	ZUMBA GOLD 10:00am Linda	Total Heart & Body 10:00am Pam	 Silver Splash 9:00am-10:00am Celia
 Muscle Strength 11:00am Laura	 Muscle Strength 11:00am Pam	 Muscle Strength 11:00am Laura	 Muscle Strength 11:00am Pam	 Cardio 2 Circuit 10:00am Celia
 Silver Stretch 12:00 noon Pam	Yoga 12:00 noon Pam		Yoga 12:00 noon Pam	Beginner Tai Chi 11:00am Sedgie
Swim Work Out 5:30pm Celia at Total Fitness POOL	Kids Triathlon Training 5:00-6:00pm Celia	Yang Style Intermediate Tai Chi 5:30pm Sedgie		Advanced Chen & Sword Tai Chi 6:00pm Sedgie
Cardio Kick Boxing 5:30pm DeeDee	Intermediate Tai Chi 5:30pm Sedgie	Cardio Kick Boxing 5:30pm DeeDee	HOT YOGA 7:30pm Chritie	
Total Strength Circuit 6:30pm Veronica	ZUMBA 6:35pm Dee Dee		ZUMBA 6:00pm Linda	
Spin & Strength 6:30pm Celia	TOTAL SPIN 6:30pm *Last Tuesday is 2 hour 6-8 Celia	SPIN & STRENGTH 6:30pm Veronica	TOTAL SPIN 6:30pm Veronica	Saturday
		Total Strength Circuit 6:30pm DeeDee		Zumba & More 8:00am-9:00 Laura
	HOT YOGA 7:35pm Chritie		Sunday	Ride & Run 7:30am Group Ride & Run (No teacher)
			SUNDAY Group RUN 7:00am Fred Howard Park Flag Pole	Total Strength Circuit 9:00am Joel
			SUNDAY Group Ride 8:00am From Total Fitness	Total Heart & Body 10:00am Veronica

Meet Linda Principe, our new esthician. Make your appointment today at the front desk. Reset your Metabolism - Special Personal Training promotion. See us!

* Silver Sneakers Resolutions Thursday January 19th 11am Group Ex Room*

Member Party January 28th 5pm - 7pm *Bring a dish to share*

B.Y.O.F ! FRIDAY AFTER 5PM - EVERY FRIDAY, BRING A FRIEND FOR A FREE! - Refer a friend & get a FREE month!