

# Group Fitness Studio Class Schedule



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Iron Works 7 am	Tai Chi II 7 am 40-forms	Iron Works 7 am	Tai Chi II 7 am 40-forms	Iron Works 7 am	
Tai Chi II 8 am 24-forms	ZUMBA gold 8 am	Tai Chi II 8 am 24-forms	ZUMBA gold 8 am	Tai Chi II 8 am 24-forms	ZUMBA 8 am
ZUMBA 9 am	ZUMBA toning 9 am	ZUMBA 9 am	ZUMBA toning 9 am	ZUMBA 9 am	ZUMBA toning 9 am
Iron Works 10 am	Core & More 10 am	Iron Works 10 am	Core & More 10 am	Iron Works 10 am	Yoga Flow 10 am
Tai Chi Long Form 11 am	Yoga Flow 11 am	Barre Fusion 11 am	Harmony Yoga 11 am	Harmony Yoga 11 am	Spotlight Class 11 am
Yin/Gentle Yoga 12:00 – 1:30 pm	Tai Chi I 1 pm	Yin/Gentle Yoga 12:00 – 1:30 pm	Tai Chi I 1 pm		Tai Chi I 1 pm
Tabata® HIIT Interval training 4:30 pm	Power Hour 4:30 pm	Tabata® HIIT Interval training 4:30 pm	Power Hour 4:30 pm		
ZUMBA 5:30 pm	Modern Belly Dance 5:30 pm	ZUMBA 5:30 pm	ZUMBA toning 5:30 pm	The Dance Club 5:45 pm	
	ZUMBA 6:30 pm	Yoga Flow 6:30 pm	ZUMBA 6:30 pm	<div style="border: 2px solid black; padding: 5px; text-align: center;"> <p><b>Room Reserved</b> Join <b>The Dance Club</b> and learn dance routines to perform in the community. For more information contact Tia Amaya at 321-567-2201.</p> </div>	
<b>In the Conference Room</b>					
Sit Down & Get Moving 11 am	Sit Down & Get Moving 7:00 am 10:00 am & 11:00 am	Cardio Chair Dance 11 am	Sit Down & Get Moving 7:00 am & 10:00 am	<div style="border: 2px solid black; padding: 5px; text-align: center;"> <p><b>All classes are 55 minutes unless otherwise noted.</b></p> </div>	
	Chair Yoga 9 am		Chair Yoga 9 am		
<p><b>Class schedules are subject to change.</b> For an update speak to our Health &amp; Fitness reception staff. Before engaging in any Group Fitness program please consult with your physician.</p>			<p>Call 321-567-2201 or go to <a href="http://parrishhealthandfitness.com">parrishhealthandfitness.com</a> for more information.</p>		

# Aquatics Class Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>LAP POOL Temp 80-82*</b>					
<b>Lane 4 (closest to street) designated for lap swimming when other lanes are in use.</b>					
<b>Extreme H2O</b> 8:00-8:45 am		<b>Making Waves</b> 8:00-8:45 am			<b>Extreme H2O</b> 9:00 – 9:55 am
<b>Splash Dash</b> 9:15 -10:00 am	<b>Splash Dash</b> 9:00-9:45 am	<b>Splash Dash</b> 9:15 – 10:00 am	<b>Splash Dash</b> 9:00-9:45 am	<b>Splash Dash</b> 9:15 – 10:00 am	
<b>Aqua Zumba</b> 10:15 – 11:00 am		<b>Aqua Zumba</b> 10:15 – 11:00 am			<b>Aqua Zumba</b> 10:15 – 11:00 am
<b>Extreme H2O</b> 6:30-7:30 pm	<b>Aqua Zumba</b> 6:00 – 6:45 pm	<b>Extreme H2O</b> 6:30-7:30 pm			
<b>WARM WATER POOL Temp 90* (Class limit: 20) To participate please sign in at the front desk.</b>					
<b>Pool closed for Open Swim during scheduled classes.</b>					
<b>Open Swim OK during Swim lessons and PT, but please be considerate of others.</b>					
<b>Arthritis Movements</b> 10-10:45 am	<b>Arthritis Movements</b> 10-10:45 am	<b>Arthritis Movements</b> 10-10:45 am	<b>Arthritis Movements</b> 10-10:45 am	<b>Arthritis Movements</b> 10-10:45 am	
<b>Arthritis Movements</b> 11 – 11:55 am	<b>Arthritis Movements</b> 10:45-11:30 am	<b>Arthritis Movements</b> 11-11:55 am	<b>Arthritis Movements</b> 10:45-11:30 am	<b>Arthritis Movements</b> 11-11:55 am	
<b>Making Waves</b> 12-12:45 pm	<b>Aqua Kriya Yoga</b> 11:45-12:30 pm	<b>Splash Dash</b> 12-12:45 pm	<b>Aqua Kriya Yoga</b> 11:45-12:30 pm	<b>Making Waves</b> 12-12:45 pm	
<i>*Limited Space Available for Open Swim</i>  <b>Physical Therapy</b> 1-5 pm		<i>*Limited Space Available for Open Swim</i>  <b>Physical Therapy</b> 1-5 pm		<i>*Limited Space Available for Open Swim</i>  <b>Physical Therapy</b> 1-5 pm	
<i>*Limited Space Available for Open Swim</i>  <b>SwimKids USA Swim School</b> 4 pm – 8 pm	<i>*Limited Space Available for Open Swim</i>  <b>SwimKids USA Swim School</b> 4 pm – 8 pm	<i>*Limited Space Available for Open Swim</i>  <b>SwimKids USA Swim School</b> 4 pm – 8 pm	<i>*Limited Space Available for Open Swim</i>  <b>SwimKids USA Swim School</b> 4 pm – 8 pm	<b>SwimKids USA</b>  <b>Enroll today!</b>  <b>For more information call: 813-991-6258</b>	
	<b>Lap Pool Distances</b> 1 Length = 25 yards 1 Lap = 50 yards 2 Laps= 100 yards 10 Laps = 500 yards 18 Laps = 900 yards (1/2 mile) 27 Laps = 1350 yards (3/4 mile) 35 Laps = 1750 yards (1 mile)		<b>Wet areas are closed when inclement weather is within 6 miles of facility.</b>  <b>Class schedules are subject to change.</b>  For an update speak to our Health & Fitness reception staff. Before engaging in any Group Fitness program please consult with your physician.  For the latest class schedules and monthly newsletters go to <a href="http://parrishhealthandfitness.com">parrishhealthandfitness.com</a>		

# Mind-Body Studio Class Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<b>Harmony Yoga</b> 8 am		<b>Harmony Yoga</b> 8 am		
<b>Restorative Yoga</b> 9 am – 10:30 am				<b>Yin Yoga</b> 9 am – 10:30 am	
<b>Yin Yoga</b> 5:30 pm – 7:00 pm		<b>Restorative Yoga</b> 5 pm – 6:30 pm			
<p>*First come, first served basis. *Please arrive on time for all classes to allow for proper warm-up time and less disruption. *Schedule and instructors subject to change without notice. *The instructor will have the door open at least 5 minutes before class starts.</p>					
<p><b>Class schedules are subject to change.</b> For an update speak to our Health &amp; Fitness reception staff. Before engaging in any Group Fitness program, consult with your physician.</p>			<p>Call: 321-567-2201 or go to <a href="http://parrishhealthandfitness.com">parrishhealthandfitness.com</a></p>		

**Harmony Yoga:** All levels welcome! Incorporates yoga poses that are practiced with an emphasis on alignment and options for modifications. This class is appropriate for people new to yoga as well as those who have been practicing for some time. *Class Time: 55 minutes*

**Yin Yoga:** All levels welcome! You will be guided through the postures of dragon, swan, caterpillar and much more as we go deep within the body to open the hips, spine and pelvis. This practice will enhance all other activities.

**Restorative Yoga:** We begin our practice with the gentle long held postures of Yin Yoga. We then move to a restorative yoga where all postures are supported. Walk away renewed and restored. All levels welcome!

**Small Group Training Classes:** Pick up a flier and check out our Exclusive Fitness Training in the Mind-Body Studio.

# Indoor Cycling Class Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>Indoor Cycling</b> 8:15-9:00 am	<b>Instructors Choice!</b> 8:00-8:45 am	<b>30/30 Tabata® Boot Camp Express</b> 8:15-9:00 am	<b>Instructors Choice!</b> 8:00-8:45 am	<b>Indoor Cycling</b> 8:15-9:00 am	<b>Indoor Cycling</b> 8:00 – 8:45 am
<b>Indoor Cycling</b> 5-5:45 pm <b>(Intro)</b> Recovery & Endurance		<b>Express Indoor Cycling</b> 5:30–6 pm <b>(Intro)</b> Recovery & Endurance (Warm up before Class)			
		<b>Indoor Cycling</b> 6:15-7:00 pm			
	<b>Indoor Cycling</b> 7-7:45 pm		<b>Indoor Cycling</b> 7-7:45 pm		

**Report to class 15 minutes prior to class for an Intro. Bike selection will be on first come first-serve basis. The instructor will have the door open at least 5 minutes before class starts for members to get their bikes.**

**Class schedules are subject to change.**

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