



# Cordelia B. Hunt Recreation Center At Al Lopez Park

(813) 348-1172 • 4810 N. Himes Avenue, Tampa, FL 33614

Recreation Card Required - \$15 Resident / \$30 Non-Resident

**Valid through August 13**

**Center Hours**  
Monday-Thursday 6 p.m. to 8 p.m.  
Friday Closed  
Saturday 8 a.m. to Noon

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	CLOSED FRIDAY	SATURDAY
<b>6 p.m.</b> Tae Kwon Do (Master White)	<b>6 p.m.</b> Fitness Bootcamp (Keyetta)	<b>6 p.m.</b> Spin Class (Ocea)	<b>6 p.m.</b> Pickleball	CLOSED FRIDAY	<b>9 a.m.</b> Tae Kwon Do (Master White)
	<b>7 p.m.</b> Pickleball 6:45-7:45 p.m.	<b>Tae Kwon Do</b> (Master White) 6:30-7:30 p.m.	<b>7 p.m.</b> Sports Fitness & Conditioning (Val)		<b>10 a.m.</b> Spin Class (Ocea) 1 <sup>st</sup> & 3 <sup>rd</sup> Saturday of each month





# CORDELIA B. HUNT CENTER

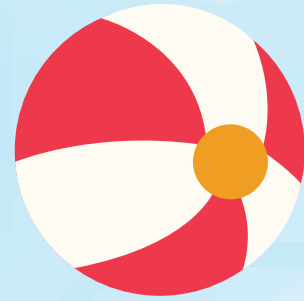
AL LOPEZ PARK — 4810 N. HIMES AVENUE, TAMPA, FL 33614

**Phone: (813) 348-1172**

**Website:** [www.tampa.gov/parks-and-recreation](http://www.tampa.gov/parks-and-recreation)

**Rec Card Required:** \$15 Residents / \$30 Non-Residents

**Hours:** Monday-Thursday 8 a.m.-8 p.m. / Friday 8 a.m.-6 p.m. / Saturday 8 a.m.-Noon



## Class Descriptions

### Adult Fit

Gentle weight and resistance training, bodyweight strength building, light cardio, and stretching. Fit for adults of all ages, including seniors. (18+)



### Sport Fitness

Forty minutes of athletic fitness and training, enhancing the development of speed, strength, agility and using light weights, speed ropes, BOSU ball, kettlebells and jump boxes. Fit for adults of all ages including seniors.



### Body Balance Fitness

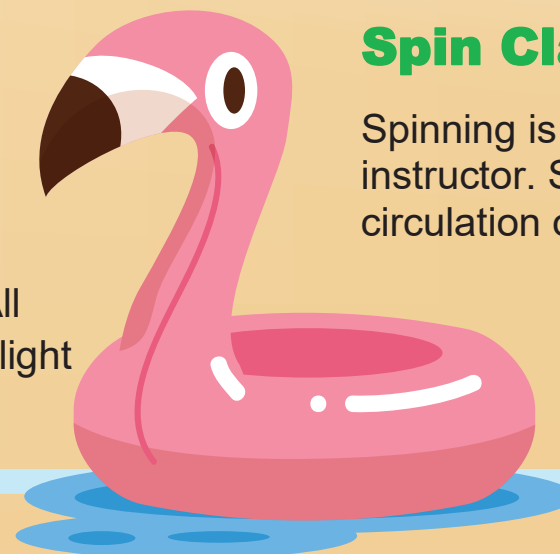
Gentle weight and body balance training, focusing on core strength, balancing in the body through the bodyweight strength building, light cardio, and stretching. Fit for adults of all ages including seniors. (18+)

### Tae Kwon Do

\* Additional fees apply, limited availability. Call or come in for more information.

### Creative Arts

An art class that focuses on letting the artist express themselves. All levels of craftsmanship are welcome to join. Classes will consist of light painting, coloring, and creating different crafts.



### Fitness Bootcamp

Improve your form, make goals, and stay accountable with this vigorous class! Instructor-led interval training of cardio, bodyweight exercises, and weightlifting. (18+)

### Creative writing

Elevate your writing and find creative inspiration in a collaborative environment with instructor guidance. (18+)

### Strength and Conditioning

Basic upper- and lower-body strength conditioning, as well as core training. Training using isometric, isotonic methods, with the use of free weights as well as cam and cable equipment. Instruction will include development of proper equipment usage and lifting techniques. Fit for adults of all ages, including seniors.

### Spin Class

Spinning is an indoor cycling cardio workout set to music and led by an instructor. Spinning works the body's largest muscles and improves the circulation of oxygen and blood

