



MON-FRI: 6AM-8:30PM
SAT: 8AM-3PM

MEMBERSHIP:
\$15/MONTH OR \$150/YEAR [BIT.LY/ABRAHAMSFITNESS](https://bit.ly/ABRAHAMSFITNESS)

JOE ABRAHAMS FITNESS & WELLNESS CENTER (813) 832-1207

	MON	TUE	WED	THU	FRI	SAT
6:30AM		Movement & Meditation <small>\$10 CLASS</small>		Movement & Meditation <small>\$10 CLASS</small>		
8AM	Morning Stretch		Morning Stretch		Morning Stretch	
9AM	HUNTER'S HIIT	Line Dancing	HUNTER'S HIIT	Line Dancing	HUNTER'S HIIT	Hatha Yoga® \$7 Class
10:15AM	MIND OVER MAT(TER) STRETCH	30 Min Balance Stability	MIND OVER MAT(TER) STRETCH	30 Min Balance Stability	MIND OVER MAT(TER) STRETCH	
11AM	FIT, FUN, FAB!	Step It Up!!!	FIT, FUN, FAB!		FIT, FUN, FAB!	SELF DEFENSE
2:30PM	ZUMBA® \$7/CLASS		ZUMBA® \$7/CLASS			
12PM				Basic TRI-YOGA® \$7/CLASS	<div style="border: 1px solid black; padding: 5px;"> <p>Schedule Change</p> <p>New Class Beginning</p> <p>Tuesday May 28, 2024</p> <p>Movement & Meditation</p> <p>@ 6:30AM</p> </div>	
3PM		Rolling It Out!				
4:30PM		CORE ESSENTIALS	30 Minute LIGHT WEIGHTS	CORE ESSENTIALS		
5:30PM		ZUMBA® \$7/CLASS		ZUMBA® \$7/CLASS		
6PM	Dance Lesson with Rikter		Dance Lesson with Rikter			
7PM		TRI-YOGA® \$7/CLASS				Revised 05/30/2024

Ethan

Janiya

Lea Ann

Rikter

Morning Stretch

www.tampa.gov/prfitness

Joe Abrahams Fitness & Wellness Center

5212 Interbay Blvd., Tampa, FL 33611



MORNING STRETCH

Overall body stretch to help improve mobility, flexibility and range of motion. Aids in balance, coordination, stress relief and better posture.

HUNTER'S HIIT

A progressive High Intensity Interval Training Class designed to challenge athletes in any sport. Combination of weights, plyometric, isometric and functional fitness. Class participants can expect to improve physical functionality, boost stamina and tone muscles.

FIT, FUN & FABULOUS

A class appropriate for all ages (18+) and levels of fitness. Class assists in improving muscle movement, functioning, toning, cardio vascular training and core stability.

MIND OVER MAT(TER) STRETCH

A movement based class focusing on specific muscle groups. Increasing range of motion, reduce soreness, improve circulation, improve posture, and athletic performance. Longer, deeper stretches achieving plasticity of body, flexibility and muscle toning.

LINE DANCING

Learn choreographed dance steps to country and pop music. A perfect exercise that is fun for every participant. Dancing reduces stress and improves brain memory, cardiovascular health, balance and coordination. Come join the fun and make new friends who love dance and music.

SELF-DEFENSE

This class provides a low-key, relaxed environment designed for men and women of any age and experience level including, those who have little or NO training in self-defense. The class offers a great combination of cardio fitness while learning skills that could save your life or the lives of people you care about. Understanding Vital areas of the body, Learn basic strikes - palms, elbow, hammer, knee low kicks, escaping and defensive movements.

30 Minute Balance and Stability

The foundation of all training and becoming functionally fit. Implementing 3 planes of motion that improve coordination, confidence and performance in sports. Balance training may help improve the ability to maintain an upright position and stability training increase muscle strength around the joints to decrease the risk of possible injury while improving performance capacity.

CORE ESSENTIALS

A 30 minute workout focusing on strength, endurance, core, posture, poise, balance and mobility. Designed to improve the fitness form of any participant at any age or level of fitness. Class participants can expect to improve physical functionality, boost stamina and tone muscles.

TRI YOGA®

A unique method founded and developed by Kali Ray. Flowing posture sequences integrated with controlled breath and internal focus giving profound benefits to those who practice regularly. By bringing these benefits into one's daily life, greater physical, mental and spiritual prosperity. The flows are systematized by level. Each level prepares for the next as students gain flexibility, strength, endurance and knowledge of the method. Complete system of Yoga that teaches sequences flows of postures synchronized with rhythmical breathing and mudras (finger and hand gestures designed to help focus the mind).

Basic Level held on **Tuesday evenings at 7:00** - Great class for beginners

Level 1 held on **Thursday afternoon at 2:30** - Good foundation of Basics preferred

ZUMBA®

Total body workout, combining all elements of fitness - cardio, muscle conditioning, balance and flexibility. A fitness program that combines Latin and international music with choreography incorporating, samba, salsa, soca, merengue, mambo and hip hop. A class that burns calories while having a great time.

Monday and Wednesday at Noon

Tuesday and Thursday evenings at 5:30

Rolling It Out

Foam rolling class to promote healing of sore muscles, relieve muscle tension and increase blood circulation. Self myofascial releases muscle soreness and helps improve range of motion by targeting trigger points common with muscle fatigue.

DANCE LESSON with Rikter

Dance class for beginners and up. Learn a variety of dance steps, Swing, Salsa Club and Ballroom. Develop rhythm, timing, syncopation and musicality. No partner needed.

Hatha Yoga®

Step into a fluid practice of yoga that uses breath to guide and inspire you through a series of postures that are linked together with smooth transitions. A flow focusing on flexibility and strength with variations provided to accommodate and challenge students of all levels.

Movement & Meditation

Activate parasympathetic nervous system to heal body by relieving stress, pain and building a strong baseline for strength and health. Improve range of motion using myofascial release techniques and meditation based chakra cleansing with guided breath work sessions. A paradigm shift about how we approach health and fitness, embracing energy as the essence of our being.

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