

**CLUB HOURS**

**M & W : 5:30A-8P**  
**T & TH : 8A-2P / 4P-8P**  
**FRI: 5:30A-6P**  
**SAT: 8A-2P**  
**SUN: 9A-1P**



**SHAPES**<sup>®</sup>  
 — **FITNESS FOR WOMEN** —

brandon@shapesfitnessforwomen.com  
 813-661-0033

**KIDS ZONE**

**MON - THUR :**  
**8:15A-12P/5:30P-7:30P**  
**FRI: 8:15A-12P**  
**SAT: 9A-11A**  
**SUN: CLOSED**



**SHAPES SHENANIGANS**



**@ShapesFitnessBrandon**

**FALL 2022 GROUP FITNESS SCHEDULE**

Subject to Change

**MONDAY**

TIME	CLASS	INSTRUCTOR
8:30 AM	Dance Fitness	Diane
9:00 AM	Healthy Hearts Aqua	Ann
9:30 AM	Pump	Jamie
10:00 AM	Aqua: Volleyball	
11:00 AM	Healthy Hearts Cardio	Mary Pat
5:30 PM	ChickBox (30min)	Michelle
6:00 PM	Pump	Michelle
6:15 PM	AquaBata	Ilia

**TUESDAY**

TIME	CLASS	INSTRUCTOR
8:30 AM	Body Sculpt	Diane
9:00 AM	Skills & Drills Aqua	Ann
9:30 AM	Cardio Blast	Jamie
10:00 AM	Aqua: Volleyball	
11:00 AM	Yoga Flow	Mary Pat
12:00 PM	S.E.A.T.	Ann
6:00 PM	AMRAP	Brenda
6:15 PM	Aqua Trifecta	Linda

**WEDNESDAY**

TIME	CLASS	INSTRUCTOR
8:30 AM	Deep Stretch	Ann
9:00 AM	Aqua Core & More	Collene
9:30 AM	Restorative Rhythm	Shauna
10:00 AM	Open Swim	
5:30 PM	Zumba	Denise
6:15 PM	Water In Motion	Ilia
6:30 PM	CoreBata	Michelle

**THURSDAY**

TIME	CLASS	INSTRUCTOR
8:30 AM	Pump	Amy W-T
9:00 AM	AquaBata	Diane
9:30 AM	Tabata +	Jamie
10:00 AM	Aqua: Volleyball	
11:00 AM	Body Sculpt	Shauna
12:00 PM	S.E.A.T.	Diane
6:00 PM	Body 360°	Brenda
6:15 PM	Aqua Party	Lisa

**FRIDAY**

TIME	CLASS	INSTRUCTOR
8:30 AM	Dance Fitness	Diane
9:00 AM	Aqua Bootcamp	Collene
9:30 AM	30 Minute Core	Diane
10:00 AM	Aqua: Volleyball	
10:00 AM	Dynamic Foam Roller Stretch	Kathy
11:00 AM	Zumba Gold	Denise

**SATURDAY**

TIME	CLASS	INSTRUCTOR
9:00 AM	Fit Junkie	Michelle
9:00 AM	Aqua Trifecta	Linda
10:00 AM	Zumba	Liz
10:00 AM	Aqua: Volleyball	

**SUNDAY**

9:00 AM	Water In Motion	Ilia/Sibilla
10:15 AM	Yoga Flow/Deep Stretch	Tajuana/Ann