

CLUB HOURS
M & W : 5:30A - 8P
T & TH : 8A - 8P
FRI: 5:30A - 6P
SAT: 8A - 2P
SUN: 9A - 1P



KIDS ZONE
MON - THURS: 8:15A - 12P / 5:30P - 7:30P
FRI: 8:15A - 12P
SAT: 9A - 11A
SUN: CLOSED

731 W. Lumsden Rd. Brandon, FL 33511

PH: 813-661-0033

WINTER 2025 GROUP FITNESS SCHEDULE Subject to Change

STUDIO - MATS ARE REQUIRED FOR ALL STRENGTH AND CORE CLASSES

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:30am	Dance Fitness Diane	Yoga Tajuana	Step Maria	Full Body Pilates Amy	Dance Fitness Diane		
9:00am						Functional Training Michelle	
9:30am	Pump Kristine	Walk/Run/ignite Diane	Strength Training Amy	Therapeutic Stretch Theresa	Body Sculpt Diane		
10:00am						ZUMBA Liz	10:15am YOGA Tajuana/Theresa
5:45pm	Cardio Blast (30) Michelle	ZUMBA Denise	Pilates(55 min) Michelle	ZUMBA Denise			
6:15pm	Pump Michelle						
6:45pm		Booty Sculpt (30) Denise		Upper Body Sculpt (30) Denise			

FUNDAMENTAL FITNESS CLASSES FOR ACTIVE AGERS, BEGINNERS AND THE DECONDITIONED

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
11:00am	Classic Cardio Mary Pat	Strength & Grace Mary Pat		Get Fit Collene			
12:00pm		SEAT SUPPORTED EXERCISE FOR AGELESS TRAINING Ann		SEAT SUPPORTED EXERCISE FOR AGELESS TRAINING Bev			

AQUA FITNESS - SWIMSUIT AND WATER SHOES ARE REQUIRED FOR CLASS

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9:00am	H2O Blast Ann	Aqua Intervals Shauna	H2O Blast Ann	Water in Motion Amy R.	Core & More Collene	Trifecta Linda	Aqua Fitness Ann
10:00am	Water Volleyball	Water Volleyball		Water Volleyball	Water Volleyball	Water Volleyball	
11:00am			Water Walking Ann/Bev				
6:15pm	Water In Motion Tamera	Trifecta Linda	Water In Motion Tamera	Aqua Intervals Shauna			

Find Us On

Website: brandon@fit-her.com

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