



FALL 2025 GROUP FITNESS SCHEDULE

**Subject to Change*

STUDIO - MATS ARE REQUIRED FOR ALL STRENGTH AND CORE CLASSES

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:30 AM	Dance Fitness Diane	Yoga Tajuana	Step Maria	Full Body Pilates Amy	Dance Fitness Diane		
9:00 AM						Pilates Strength ★ Michelle	
9:30 AM	Pump Kristine	ZUMBA Zahira	Strength Training Amy	ZUMBA Zahira	Body Sculpt Diane		
10:00AM						ZUMBA Liz	Yoga Ann/Ceci 10:15 AM
5:30 PM	★ Barbell Babes Michelle	★ ZUMBA Denise	★ HIIT Rosa	★ Absolute Abs Rosa			
6:30 PM	★ Hip Hop Step Crystal	★ Abs Camp Sharea	★ Pilates Michelle	★ ZUMBA Denise			

FUNDAMENTAL FITNESS CLASSES FOR ACTIVE AGERS, BEGINNERS AND THE DE-CONDITIONED

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
10:30 AM					Therapeutic Stretch Theresa		
11:00 AM	Classic Cardio Mary Pat	Strength & Grace Mary Pat		Get Fit Collene			
12:00 PM		SEAT Ann		SEAT Bev			

AQUA FITNESS - SWIMSUIT AND WATER SHOES ARE REQUIRED FOR CLASS

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

Club Hours

M & W : 5:30 AM - 8:00 PM
T & TH : 8:00 AM - 8:00 PM
FRI: 5:30 AM - 6:00 PM
SAT: 8:00 AM - 2:00 PM
SUN: 9:00 AM - 1:00 PM

Kid Zone

MON - THURS: 8:15 AM - 12:00 PM
5:30 PM - 7:30 PM
FRI: 8:15 AM - 12:00 PM
SAT: 9:00 AM - 11:00 AM
SUN: CLOSED

SCAN ME



📍 731 W. Lumsden Rd. Brandon, FL 33511. ☎ 813-661-0033. ✉ brandon@fit-her.com

📘 facebook.com/fitherbrandon 📘 Fit-Her Fan Page 📷 @FitHerBrandon

WWW.FIT-HER.COM