

## STUDIO – MATS ARE REQUIRED FOR ALL STRENGTH AND CORE CLASSES

|         | MONDAY                    | TUESDAY                      | WEDNESDAY                           | THURSDAY              | FRIDAY                    | SATURDAY                            | SUNDAY                                |
|---------|---------------------------|------------------------------|-------------------------------------|-----------------------|---------------------------|-------------------------------------|---------------------------------------|
| 5:30 AM |                           | Strength Circuit<br>Gretchen |                                     | 4 x 4<br>Jessica      |                           |                                     |                                       |
| 8:30 AM | Step<br>Gretchen          | Yoga<br>Tajuana              | Head to Toe<br>Strength<br>Amy      | Dance Fitness<br>Jenn | Pilates/Barre<br>Gretchen |                                     |                                       |
| 9:00 AM |                           |                              |                                     |                       |                           | Head to Toe<br>Strength<br>Michelle |                                       |
| 9:30 AM | Pump<br>Kristine          | Dance Fitness<br>Jenn        | Yoga<br>Ceci/Jessica                | 4 x 4<br>Gretchen     | Power of One<br>Jessica   |                                     |                                       |
| 10:00AM |                           |                              |                                     |                       |                           | ZUMBA<br>Liz                        | Yoga/Stretch<br>Ceci/Rosa<br>10:15 AM |
| 5:30 PM | Barbell Babes<br>Michelle | ZUMBA<br>Denise              | Head to Toe<br>Strength<br>Michelle | ZUMBA<br>Denise       |                           |                                     |                                       |
| 6:30 PM |                           | 4 x 4<br>Gretchen            |                                     |                       |                           |                                     |                                       |

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

|          | MONDAY                     | TUESDAY                      | WEDNESDAY             | THURSDAY       | FRIDAY               | SATURDAY | SUNDAY |
|----------|----------------------------|------------------------------|-----------------------|----------------|----------------------|----------|--------|
| 10:30 AM |                            |                              |                       |                | Deep Stretch<br>Rosa |          |        |
| 11:00 AM | Classic Cardio<br>Mary Pat | Strength & Grace<br>Mary Pat | Up to Down<br>Collene | Get Fit<br>Ann |                      |          |        |
| 12:00 PM |                            | SEAT<br>Ann                  |                       | SEAT<br>Bev    |                      |          |        |

## AQUA FITNESS – SWIMSUIT AND WATER SHOES ARE REQUIRED FOR CLASS

|          | MONDAY                  | TUESDAY                   | WEDNESDAY                | THURSDAY                  | FRIDAY                  | SATURDAY              | SUNDAY          |
|----------|-------------------------|---------------------------|--------------------------|---------------------------|-------------------------|-----------------------|-----------------|
| 9:00 AM  | Splash & Sculpt<br>Rosa | Power Splash<br>Linda     | Cardio<br>Linda          | Water in Motion<br>Amy R. | Splash & Sculpt<br>Rosa | Power Splash<br>Linda | G.R.I.T.<br>Ann |
| 10:00 AM | Water<br>Volleyball     | Water<br>Volleyball       |                          | Water<br>Volleyball       | Water<br>Volleyball     |                       |                 |
| 11:00 AM |                         |                           | Aqua Strides<br>Bev      |                           |                         |                       |                 |
| 6:15 PM  | Aqua Glow<br>Tamera     | Water in Motion<br>Amy R. | Splash Sisters<br>Tamera | Water Warriors<br>Carrie  |                         |                       |                 |

### Club Hours

M – TH : 5:30 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: 8:00 AM – 12:00 PM  
5:30 PM – 7:30 PM  
FRI: 8:00 AM – 12:00 PM  
SAT: 9:00 AM – 11:00 AM  
SUN: CLOSED

Scan Here



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