



***MAY 2020 Centre
Newsletter***

MEMORIAL DAY

Monday, May 27th
2020 Centre will be open 6:30AM-8:00PM
All Group Exercise classes will be held as
usually scheduled.

≡ Welcome ≡

**KIMBERLEY
WALTER**



**NEW 2020 CENTRE
CLUBHOUSE
COORDINATOR**

WATER GROUP EXERCISE

Monday

**Aqua Resistance
9:00AM KPCH**

**Stretch & Flow
11:15AM KPSC**

Tuesday

**Water Walking
9:00AM KPCH**

**Aqua Bata
10:00AM KPSC**

Wednesday

**Double Noodle
9:00AM KPCH**

**Wet Workout
10:00AM KPCH**

Thursday

**Aqua in Motion
9:00AM KPCH**

**Aqua Bata
10:00AM KPSC**

Friday

**Deep Water
9:00AM KPCH**

**Aquanautics
10:15AM KPCH**

**KPCH=
Kings Point
Clubhouse**

**KPSC=
Kings Point
South Club**

Water Class Descriptions

AQUA BATA: full body workout using time intervals and various types of equipment.

AQUA IN MOTION: A moderate water workout using a loop band and then gentle exercises to improve strength, endurance, and flexibility.

AQUANAUTICS: A total body water workout using various types of exercises.

AQUA RESISTANCE: Focuses on upper and lower body strength and endurance by using the water, wall, noodle and water weights as resistance.

DEEP WATER: An intense workout where feet are off the bottom of the pool in any depth of water that one is comfortable with.

DOUBLE NOODLE: Vigorous workout for the entire body using two noodles and no weights.

STRETCH & FLOW WATER: A thorough stretch from neck to toe.

WATER WALKING: Resistance bands for the upper body while moving using various types of walking and at different intensities. Also includes stretching.

WET WORKOUT: A foundational, no-equipment, total body workout of cardio, strength and mobility.

LAND GROUP EXERCISE

Monday

Total Body Express
9:00AM
Energy Studio

Total Body
10:00AM
Energy Studio

Beginning Yoga
10:00AM
Balance Studio

Lift
11:30AM
Energy Studio

Chair Yoga
1:00PM
Energy Studio

Tuesday

Zumba
9:30AM
Energy Studio

Flex & Flow
10:30AM
Energy Studio

Sit & Get Fit
11:30AM & 12:30PM
Energy Studio

Improver Line Dance
2:00PM
Energy Studio

Intermediate Line Dance
3:00PM
Energy Studio

Wednesday

Total Body Express
9:00AM
Energy Studio

Total Body
10:00AM
Energy Studio

Beginning Yoga
10:00AM
Balance Studio

Strong Body
11:30AM
Energy Studio

Chair Yoga
1:00PM
Energy Studio

Thursday

Zumba
9:30AM
Energy Studio

Flex & Flow
10:30AM
Energy Studio

Sit & Get Fit
11:30AM & 12:30PM
Energy Studio

Improver Line Dance
2:00PM
Energy Studio

Friday

Total Body Express
9:00AM

Total Body
10:00AM
Energy Studio

Yoga Flow
10:00AM
Balance Studio

First Steppers Line Dance
2:00PM
Energy Studio

**Class schedule subject
to change.**

Land Class Descriptions

BEGINNING YOGA: this class is for those new to yoga or those wanting to fine tune their practice. We will use the breath and body awareness to build strength and increase flexibility.

CHAIR YOGA: Class designed to include breath work, strength, flexibility and balance but does not involve getting up and down from the floor. Great for ALL fitness levels!

FIRST STEPPERS LINE DANCE: No knowledge of line dancing or steps names.

FLEX & FLOW: A combination of tai chi, yoga & Pilates style movements set to a variety of music to work your core, challenge your range of motion, strength and balance without floor work.

IMPROVER LINE DANCE: Student knows basic line dance steps and will learn additional steps. Constant instruction.

INTERMEDIATE LINE DANCE: Some knowledge of line dance steps. Continuous instruction of more difficult steps.

LIFT: A strength training class using dumbbells, barbells, and body weight. Personalize the experience through weight selection and provided modifications.

SIT & GET FIT: Train the entire body using various pieces of equipment while remaining seated. Great class for beginners and those with ailments!

STRONG BODY: Strength-based class using barbells, dumbbells, and body weight exercises designed to increase and maintain muscle endurance and strength.

TOTAL BODY: A full body strengthening class that utilizes hand weights and other equipment.

TOTAL BODY EXPRESS: Full body strength workout without floor work.

YOGA FLOW: Suitable for all levels that have some previous yoga experience. Low impact, relaxing, mindful yoga emphasizing flexibility and light strength. Breathing and stress management techniques incorporated.

ZUMBA: A Latin inspired cardio class filled with fun dance moves that guarantee a good time and a great workout.

May Land POP UP Classes

Saturday, May 4th- Energy Studio

9:00AM Cardio Fit & Fun Instructor: Jan
10:00AM Total Body Express Instructor: Jan

Friday, May 10th- Energy Studio

11:30AM Lift Instructor: David

Tuesday, May 14th- *Balance Studio*

5:00PM Beginning Ballet Instructor: Christy
5:45PM Beginning Jazz Dance Instructor: Christy

Friday, May 17th- Energy Studio

11:30AM Stretch & Mobility Instructor: Nancy

Saturday, May 18th- Energy Studio

9:00AM Cardio Fit & Fun Instructor: Jan
10:00AM Total Body Express Instructor: Jan

Tuesday, May 21st- *Balance Studio*

5:00PM Beginning Ballet Instructor: Christy
5:45PM Beginning Jazz Dance Instructor: Christy

Friday, May 24th- Energy Studio

11:30AM Lift Instructor: David

Saturday classes do not require prior sign up.

POP UP CLASS DESCRIPTIONS

BEGINNING BALLET: This class will focus on balance, coordination, strength and grace by using a chair back as a barre. Simple combinations set to classical music will be performed. Ballet or jazz shoes recommended.

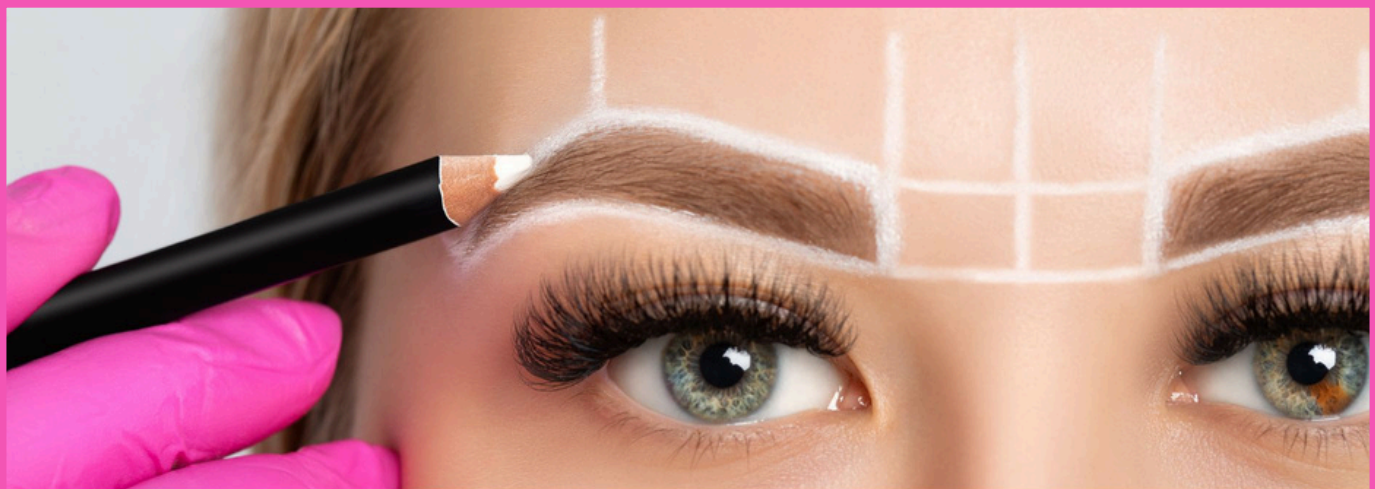
BEGINNING JAZZ DANCE: A dance form incorporating many styles of music, using body isolations, syncopated rhythms, strength and flexibility.

CARDIO FIT & FUN: Fitness class using aerobic dance, low to mid impact, several genres of music are played. Wear appropriate closed-toe fitness shoes.

LIFT: A strength training class using dumbbells, barbells, and body weight. Personalize the experience through weight selection and provided modifications.

STRETCH & MOBILITY: Using a stretching strap and chair, we will do movements standing and seated to improve your range of motion and joint mobility. No floor work.

TOTAL BODY EXPRESS: Full body strength workout without floor work.



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To make an appointment
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