



# JOE ABRAHAMS FITNESS & WELLNESS CENTER

5212 Interbay Blvd 813-832-1207

Membership \$15 per month or \$150 per year

Hours: Monday – Friday 6:00 am – 8:30 pm Saturday 8:00 am – 3:00 pm

Revision 04/12/2022

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:00 - 8:50 am	Morning Stretch with Lea Ann Live/Virtual	Light Cardio Light weights with Lea Ann Live/Virtual	Morning Stretch with Lea Ann Live/Virtual	Light Cardio Light weights with Lea Ann Live/Virtual	Morning Stretch with Lea Ann Live/Virtual	
9:00 - 9:50 am	Cardio Club		Cardio Club	Line Dancing with Cheryl	Cardio Club	
10:00 - 10:50 am			BY INVITATION Tai Chi Chih ® with Dr. Anita Vestal 8 week course \$50 for full course or \$7 per Class Continuing Class Thru June 8, 2022	Start Date April 20, 2022 Start Date April 22, 2022	Tai Chi Chih ® with Dr. Anita Vestal 8 week course \$50 for full course or \$7 per Class Beginners Class Thru June 10, 2022	
11:00 - 11:50 am	Fit, Fun & Fabulous with Lea Ann Live/Virtual		Fit, Fun & Fabulous with Lea Ann Live/Virtual		Fit, Fun & Fabulous with Lea Ann Live/Virtual	Self Defense With Luis (ICCS KRAV MAGA)
12:00 - 1:00 pm	Zumba ® with Natalie (\$6 per class /\$45 10 hole punch card)		Zumba ® with Natalie (\$6 per class /\$45 10 hole punch card)			
4:45 - 5:15 pm		Core Essentials with Rikter		Core Essentials with Rikter		
5:30 – 6:45 pm		Zumba ® with Natalie (\$6 per class /\$45 10 hole punch card)		Zumba with Natalie (\$6 per class / \$45 10 hold punch card)		
7:00 – 8:30 pm		Basic Tri Yoga ® with Peggy (\$7 per class)		Level 1 Tri Yoga ® with Peggy (\$7 per class)		

Schedule Appointments online: [bit.ly/abrahamsfitness](https://bit.ly/abrahamsfitness)

**Cardio Club** – A progressive High Intensity Interval Training Class designed to challenge athletes in any sport. Combination of weights, plyometric, isometric and functional fitness. Class participants can expect to strengthen the heart, tone muscles and improve all over physical functionality.

**Core Essentials** – A 30 Minute Workout focusing on strength, endurance, abs, core, posture, poise, balance and mobility. Designed to improve fitness form of any participant at any age or level of fitness. Class participants can expect to improve physical functionality, boost stamina and tone muscles.

**Fit, Fun & Fabulous** – A class that is appropriate for all age levels to improve muscle movement, functioning, toning and core stability. The functional class that works the upper and lower body. Focus of the class is to improve Range of Motion, Planes of Motion, Cardiovascular Training, Strength Training and Core Stability.

**TriYoga®** is a unique method founded and developed by Kali Ray. Flowing posture sequences integrated with controlled breath

and internal focus give profound benefits to those who practice regularly. By bringing these benefits into one's daily life, one experiences greater physical, mental and spiritual prosperity. The flows are systematized by level –each level prepares for the

next as students gain flexibility, strength, endurance and knowledge of the method. Complete system of Yoga that teaches sequenced flow of postures synchronized with rhythmical breathing and mudras (finger and hand gestures designed to help focus the mind).

**Tuesday** are Basic Level

**Thursday** are Level 1 (good foundation of basics is preferred)

**Dress comfortably and avoid heavy food 2 hours prior to class.**

**Fee of \$7.00 per class is paid to the instructor**

**Light weights and Cardio**– combines strength and toning exercise with weights and variety of equipment. Low impact class to promote movement, toning and muscle strength.

**Morning Stretch** – Overall body stretch to help improve mobility, flexibility, joint and range of motion. Aids in balance, coordination, stress relief and better posture.

**T'ai Chi Chih®– 8 Week progressive class beginning at a beginners level in January.** The class is offered on Tuesday and Wednesday. Sign up for one of the days at a cost of **\$50 for 8 week course or \$7 per class**. A non-martial art form comprised of 19 movements and one pose. Focus on developing balance, circulating and activating the students chi—their body's life force. The practice is meditation in motion anchored in mindfulness. No prior experience needed, no special equipment or clothing.

T'ai Chi Chih can be done seated or standing by anyone of any age.

**Zumba®** – A total workout, combining all elements of fitness – cardio, muscle conditioning, balance and flexibility. A fitness program that combines Latin and international music with dance moves. Energetic music with fun choreography incorporates samba, salsa, soca, merengue, hip hop, and mambo. Fun filled class to work out, lose weight and burn calories. **Program cost \$6 per class or \$45 for a 10 hole punch card**

**[www.Tampa.Gov/PRfitness](http://www.Tampa.Gov/PRfitness)**