



Cordelia B. Hunt Recreation Center At Al Lopez Park

(813) 348-1172 • 4810 N. Himes Avenue, Tampa, FL 33614

Recreation Card Required - \$15 Resident / \$30 Non-Resident

Valid through May 25

Center Hours

Monday-Thursday 8 a.m. to 8 p.m.

Friday 8 a.m. to 6 p.m.

Saturday 8 a.m. to noon

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9 a.m.						Tae Kwon Do (Master White)
10 a.m.	Table Tennis Open Play	Adult Fitness (Jeff)	Bunco (Jeff)	Adult Fitness (Jeff)	Bingo (Jeff)	Spin Class (Ocea) 1 <sup>st</sup> & 3 <sup>rd</sup> Saturday of each month
11 a.m.	Pickleball Open play	Pickleball Open play Brain Games (Brianna)	Body Balance Fitness (Keyetta)	Pickleball Open play Brain Games (Brianna)	Mexican Train (Jeff) Body Balance Fitness (Keyetta) 11:15 a.m.	
12 p.m.	Pickleball Open play	Pickleball Open play	Pickleball Open play	Pickleball Open play	Pickleball Open play	CENTER CLOSSES AT NOON
1 p.m.	Pickleball Open play Fitness Training (Val)	Pickleball Open play	Pickleball Open play	Pickleball Open play Fitness Training (Val)	Creative Writing (Keyetta) Fitness Training (Val)	
2 p.m.	Pickleball Open play	Pickleball Open play	Pickleball Open play	Pickleball Open play	Pickleball Open play	
3 p.m.	Pickleball Open play	Pickleball Open play	Pickleball FREE Lessons (Keyetta) 3pm - 4:30 p.m.	Pickleball Open play	Pickleball Open play	
4 p.m.	Pickleball Open play		Pickleball Open play	Pickleball Open play	Pickleball Open play	
5 p.m.	Strength/Conditioning (Val)		Creative Arts (Brianna)		Strength/Conditioning (Val)	
6 p.m.	Tae Kwon Do (Master White)	Fitness Bootcamp (Keyetta)	Spin Class (Ocea) Tae Kwon Do (Master White) 6:30 - 7:30 p.m.	Fitness Bootcamp (Keyetta)		
7 p.m.		Pickleball 6:45 - 7:45 p.m.		Sports Fitness & Conditioning (Val)		



# CORDELIA B. HUNT CENTER

AL LOPEZ PARK — 4810 N. HIMES AVENUE, TAMPA, FL 33614

**Phone: (813) 348-1172**

**Website:** [www.tampa.gov/parks-and-recreation](http://www.tampa.gov/parks-and-recreation)

**Rec Card Required:** \$15 Residents / \$30 Non-Residents

**Hours:** Monday - Thursday 8 a.m. - 8 p.m. / Friday 8 a.m. - 6 p.m. / Saturday 8 a.m. - 12 p.m.

## Class Descriptions

### Adult Fit

Gentle weight and resistance training, bodyweight strength building, light cardio, and stretching. Fit for adults of all ages including seniors. (18+)

### Sport Fitness

40 minutes of athletic fitness and training, enhancing the development of speed strength, agility and using light weights, speed ropes, BOSU ball, kettlebells and jump boxes. Fit for adults of all ages including seniors.

### Body Balance Fitness

Gentle weight and body balance training, focusing on core strength, balancing in the body through the bodyweight strength building, light cardio, and stretching. Fit for adults of all ages including seniors. (18+)

### Tae Kwon Do

\*Additional fees apply, limited availability. Call or come in for more information.

### Creative Arts

An art class that focuses on letting the artist express themselves. All levels of craftsmanship is welcome to join. Classes will consist of light painting, coloring, and creating different crafts.

### Fitness Bootcamp

Improve your form, make goals, & stay accountable with this vigorous class! Instructor led interval training of cardio, bodyweight exercises, and weightlifting. (18+)

### Creative writing

Elevate your writing & find creative inspiration in a collaborative environment with instructor guidance. (18+)

### Strength and Conditioning

Basic upper, lower body strength conditioning, as well as “core training. Training using isometric, isotonic methods, with the use of free weights as well as cam and cable equipment. Instruction will include development of proper equipment usage and lifting techniques. Fit for adults of all ages including seniors.

### Spin Class

Spinning is an indoor cycling cardio workout set to music and led by an instructor. Spinning works the body's largest muscles and improves the circulation of oxygen and blood