



JOE ABRAHAMS FITNESS & WELLNESS CENTER (813) 832-1207

MON-FRI: 6AM-8:00PM
SAT: 8AM-3PM

MEMBERSHIP:
\$15/MONTH OR \$150/YEAR **BIT.LY/ABRAHAMSFITNESS**

	MON	TUE	WED	THU	FRI	SAT
8AM		MIND OVER MAT(TER) STRETCH		MIND OVER MAT(TER) STRETCH		
9AM	HUNTER'S HIIT	Line Dancing	HUNTER'S HIIT	Line Dancing	HUNTER'S HIIT	Hatha Yoga® \$8/Class
10:00AM		Ty's Ten		Ty's Ten		
11AM	FIT, FUN, FAB!	ZUMBA® \$7/CLASS	FIT, FUN, FAB!	ZUMBA® \$7/CLASS		
1230PM						
1:00PM			TRI- YOGA® \$7/CLASS			
4PM	CHAIR YOGA	Core Essentials	CHAIR YOGA	Core Essentials		
5PM	Fit & Flexible		Fit & Flexible			
5:30PM		Pilates-Yoga® \$8/Class				
6PM						

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Revised
09/01/2025

MIND OVER MAT(ER) STRETCH

A movement based class focusing on specific muscle groups. Increasing range of motion, reduce soreness, improve circulation, improve posture, and athletic performance. Longer, deeper stretches achieving plasticity of body, flexibility and muscle toning.

TY'S 10

Power through 10 dynamic circuits combining strength, cardio, and core training for a full-body challenge. Each station targets different muscles to burn fat, build strength, and boost endurance. With scalable intensity and ever-changing workouts, you'll stay motivated, sweat hard, and see results.

HUNTERS HIIT

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 improve physical functionality, boost stamina and tone muscles.

CORE ESSENTIALS

A 50 minute workout focusing on strength, endurance, core, posture, poise, balance and mobility. Designed to improve the 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 & FLEXIBLE

Build strength, balance, and flexibility in this energizing workout! Through dynamic bodyweight movements, deep stretching, and mindful breathing, you'll tone muscles, improve posture, and move with greater ease and confidence.

CHAIR YOGA

A 50 minute workout focusing on strength, endurance, core, posture, poise, balance and mobility. Designed to improve the 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.

LINE DANCING

Learn easy, choreographed steps to country and pop hits in a fun, welcoming class. Dancing boosts memory, heart health, balance, and coordination—plus it's a great way to reduce stress and make new friends!

HATHA YOGA® \$7/CLASS

Step into a fluid practice of yoga that uses breath to guide and inspire you through a series of postures that are linked together with smooth transitions. A flow focusing on flexibility and strength with variations provided to accommodate and challenge students of all levels.

ZUMBA® \$7/CLASS

Total body workout, combining all elements of fitness - cardio, muscle conditioning, balance and flexibility. A fitness program that combines Latin and international music with choreography incorporating samba, salsa, soca, merengue, mambo and hip hop.

TRI YOGA® \$7/CLASS

Founded by Kali Ray, this unique practice blends flowing posture sequences with breath control and focused awareness, offering physical, mental, and spiritual benefits. Each level builds flexibility, strength, endurance, and understanding of the method, with synchronized movements, rhythmic breathing, and mudras (hand gestures to focus the mind).

FIT, FUN, FAB!

Fun, energized class appropriate for all ages and levels of fitness. Class is appropriate for all age levels to improve muscle movement, functioning, toning and core stability. Functional structure that works the upper and lower body, range of motion, planes of motion, cardiovascular training and strength training.

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