December 2022

GROUP FITNESS SCHEDULE

Reserve through the GymMaster App or online portal.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	ADDITIONAL CLASS OPTIONS
BLAST IT! MAURA		BLAST IT! MAURA			GROUP
	SPIN DEB		SPIN DEB		TRAINING*
SILVER SNEAKERS CLASSIC MAURA		SILVER SNEAKERS CLASSIC MAURA		SILVER SNEAKERS CLASSIC MAURA	Boxing with Taylor Tuesday and Thursday 5:30 pm
YOGA SYREETA TONE ZONE MAURA	TONE ZONE MAURA	TONE ZONE SYREETA	TONE ZONE MAURA	STRETCH & RELEASE PRISCILA	*See the front desk team for more information and pricing .
TABATA MARIA	SILVER SNEAKERS CLASSIC MAURA	ZUMBA GOLD MARIA	SILVER SNEAKERS CLASSIC MAURA	ZUMBA GOLD MARIA	VIRTUAL CLASSES*
	SILVER SNEAKERS YOGA MAURA	ZUMBA CHAIR (45') MARIA	SILVER SNEAKERS YOGA MAURA	ZUMBA CHAIR (45') MARIA	Virtual Spin 24/7
Evening Classe	S				30-60 minute classes Every hour on the half hour.
POWER HOUR REBECCA	CARDIOKICK! CHRISTINA	POWER HOUR REBECCA	CARDIOKICK! CHRISTINA		*Reserve your spot online.
YOGA (45') REBECCA	Yoga (45') REBECCA	YOGA (45') REBECCA	Spin Fusion (45') CHRISTINA * Begins 12/8		To sign up for
HOURS OF OPE	RATION:				virtual classes, make sure to
Monday to Thursday:Friday:Saturday and Sunday:5 am to 8 pm5 am to 6 pm9 am to 3 pm					download the GymMaster app.
CONTACT INFO	RMATION				
	enter.com 🤳 813	-783-6123 ♀ 3	8233 Daughtery F	Road, Zephyrhills,	FL 33540
	BLAST IT! MAURA SILVER SNEAKERS CLASSIC MAURA YOGA YOGA SYREETA TABATA MAURA Evening Classe POWER HOUR REBECCA YOGA (45') REBECCA HOURS OF OPEE Monday to Thurs 5 am to 8 pm CONTACT INFOR	BLAST IT! MAURA BLAST IT! MAURA BLAST IT! MAURA SPIN DEB SILVER SNEAKERS CLASSIC MAURA TONE SYREETA TONE SYREETA TABATA MARIA SILVER SNEAKERS CLASSIC MAURA SILVER SNEAKERS CLASSIC MAURA SILVER SNEAKERS VOGA MAURA SILVER SNEAKERS YOGA MAURA SILVER SNEAKERS YOGA MAURA TABATA MARIA SILVER SNEAKERS YOGA MAURA SILVER SNEAKERS YOGA MAURA TABATA MARIA SILVER SNEAKERS YOGA MAURA SILVER SNEAKERS SITT SITT SITT SITT SITT SITT SITT SIT	BLAST IT: MAURA BLAST IT: MAURA BLAST IT: MAURA BLAST IT: MAURA SILVER SNEAKERS CLASSIC MAURA SPIN DEB YOGA SYREETA TONE ZONE YOGA SYREETA TONE ZONE YOGA MAURA TONE ZONE YUER SNEAKERS CLASSIC MAURA SILVER SNEAKERS CLASSIC MAURA YOGA MAURA SILVER SNEAKERS CLASSIC MAURA TABATA MARIA SILVER SNEAKERS YOGA MAURA ZUMBA CHAIR (45') MAURA SILVER SNEAKERS YOGA MAURA Fevening Classes ZUMBA CHAIR (45') MAURA POWER HOUR REBECCA CARDIOKICK! CHRISTINA POWER HOUR REBECCA YOGA (45') REBECCA Yoga (45') REBECCA YOGA (45') REBECCA HOURS OF OPERATION: Saturda S am to 8 pm Saturda S am to 6 pm Monday to Thursday: S am to 6 pm 9 am to 9 am to	BLAST IT: BLAST IT: BLAST IT: MAURA SPIN SPIN SIVER SNEAKERS CLASSIC SPIN DEB YOGA TONE SILVER SNEAKERS CLASSIC MAURA YOGA TONE TONE SILVER SNEAKERS CLASSIC MAURA YOGA TONE TONE SILVER SNEAKERS CLASSIC TONE ZONE YOGA TONE MAURA SILVER SNEAKERS CLASSIC ZUMBA GOLD SILVER SNEAKERS CLASSIC MAURA SILVER SNEAKERS VOGA ZUMBA CHAIR (#5) SILVER SNEAKERS VOGA MAURA MAURA SILVER SNEAKERS VOGA ZUMBA CHAIR (#5) MAURA MAURA BEDECCA SILVER SNEAKERS VOGA ZUMBA CHAIR (#5) MAURA MAURA MAURA SILVER SNEAKERS VOGA ZUMBA CHAIR (#5) MAURA MAURA BEDECCA SILVER SNEAKERS VOGA ZUMBA CHAIR (#5) MAURA MAURA BEDECCA CARDIOKICKI POWER HOUR CARDIOKICKI POWER HOUR CARDIOKICKI YOGA (457) Yoga (453) YOGA (457) REBECCA Silver SNEAKERS Silver SNEAKERS HOURS OF OPERATION: <t< td=""><td>BLAST IT BLAST IT MAURA FILLER IT MURA SPIN DEB DEB SILVER SNEAKERS CLASSIC SILVER SNEAKERS CLASSIC SILVER SNEAKERS CLASSIC MAURA YOGA TONE ZONE SILVER SNEAKERS CLASSIC SILVER SNEAKERS CLASSIC MAURA TONE ZONE TONE ZONE TONE ZONE STRETCA SWRETA ZONE TONE ZONE TONE ZONE STRETCA & RELEASE MAURA SILVER SNEAKERS CLASSIC ZUMBA GOLD SILVER SNEAKERS CLASSIC ZUMBA GOLD MAURA SILVER SNEAKERS YOGA ZUMBA GOLD SILVER SNEAKERS YOGA ZUMBA CHAIR (45) MAURA SILVER SNEAKERS YOGA ZUMBA CHAIR (45) SILVER SNEAKERS YOGA ZUMBA CHAIR (45) MAURA SILVER SNEAKERS YOGA ZUMBA CHAIR (45) MAURA MAURA MAURA EVENING CARDIOKICKI POWER HOUR CARDIOKICKI MAURA MAURA MAURA YOGA (45) Yoga (45) Yoga (45) Yoga (45) SEECCA CARDIOKICKI CHRISTINA YOGA (45) Yoga (45) Yoga (45) Yoga (45) SeeccoA CARDI</td></t<>	BLAST IT BLAST IT MAURA FILLER IT MURA SPIN DEB DEB SILVER SNEAKERS CLASSIC SILVER SNEAKERS CLASSIC SILVER SNEAKERS CLASSIC MAURA YOGA TONE ZONE SILVER SNEAKERS CLASSIC SILVER SNEAKERS CLASSIC MAURA TONE ZONE TONE ZONE TONE ZONE STRETCA SWRETA ZONE TONE ZONE TONE ZONE STRETCA & RELEASE MAURA SILVER SNEAKERS CLASSIC ZUMBA GOLD SILVER SNEAKERS CLASSIC ZUMBA GOLD MAURA SILVER SNEAKERS YOGA ZUMBA GOLD SILVER SNEAKERS YOGA ZUMBA CHAIR (45) MAURA SILVER SNEAKERS YOGA ZUMBA CHAIR (45) SILVER SNEAKERS YOGA ZUMBA CHAIR (45) MAURA SILVER SNEAKERS YOGA ZUMBA CHAIR (45) MAURA MAURA MAURA EVENING CARDIOKICKI POWER HOUR CARDIOKICKI MAURA MAURA MAURA YOGA (45) Yoga (45) Yoga (45) Yoga (45) SEECCA CARDIOKICKI CHRISTINA YOGA (45) Yoga (45) Yoga (45) Yoga (45) SeeccoA CARDI

New

Classes

Advent Health

Wellness Center