

February 2023

GROUP FITNESS SCHEDULE

Reserve through the GymMaster App or online portal.

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
5:30 am	BLAST IT! SYREETA		BLAST IT! SYREETA		
6 am		★ SPIN DEB		★ SPIN DEB	
8:30 am	SILVER SNEAKERS CLASSIC PRISCILA		SILVER SNEAKERS CLASSIC MAURA		SILVER SNEAKERS CLASSIC MAURA
9:30 am	YOGA SYREETA	TONE ZONE MAURA	TONE ZONE SYREETA	TONE ZONE MAURA	STRETCH AND RELEASE PRISCILA
10:30 am	TABATA MARIA	SILVER SNEAKERS CLASSIC MAURA	ZUMBA GOLD MARIA	SILVER SNEAKERS CLASSIC MAURA	ZUMBA GOLD MARIA
11:30 am		SILVER SNEAKERS YOGA MAURA	ZUMBA CHAIR (45') MARIA	SILVER SNEAKERS YOGA MAURA	ZUMBA CHAIR (45') MARIA

Evening Classes

5:30 pm	POWER HOUR REBECCA	CARDIOKICK! CHRISTINA	POWER HOUR REBECCA	CARDIOKICK! CHRISTINA	
6:30 pm	YOGA (45') REBECCA	YOGALATES (45') REBECCA	YOGA (45') REBECCA	SPINE FUSION (45') CHRISTINA	

NEW HOURS OF OPERATION:

Monday to Thursday: 8 am to 8 pm
Friday: 8 am to 6 pm

Saturday and Sunday: 9 am to 3 pm

CONTACT INFORMATION



AHZWellnessCenter.com



813-783-6123



38233 Daughtery Road, Zephyrhills, FL 33540



Early
Classes

Please use the
main entrance
for these classes.
An instructor will
let you into the
facility.

VIRTUAL CLASSES*

Virtual Spin 24/7
30-60 minute classes
Every hour on the half
hour.

*Reserve your spot online.



To sign up for
virtual classes,
make sure to
download the
GymMaster app.