

January 2022

GROUP FITNESS SCHEDULE

Reserve through the GymMaster App or online portal.

HOURS OF OPERATION:

Monday to Thursday:

5 am to 8 pm




Friday:

5 am to 6 pm

Saturday and Sunday:

9 am to 3 pm

 **Advent Health**
Wellness Center

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:05 am	LES MILLS BODYPUMP VIRTUAL INSTRUCTOR	LES MILLS CORE VIRTUAL INSTRUCTOR	LES MILLS BODYPUMP VIRTUAL INSTRUCTOR	LES MILLS CORE VIRTUAL INSTRUCTOR	LES MILLS BODYPUMP VIRTUAL INSTRUCTOR	9:00 AM LM CORE (30') VIRTUAL INSTRUCTOR
6:00 am	LES MILLS BODYCOMBAT VIRTUAL INSTRUCTOR	SPIN DEB	LES MILLS BODYCOMBAT VIRTUAL INSTRUCTOR	SPIN DEB	LES MILLS BODYCOMBAT VIRTUAL INSTRUCTOR	9:30 AM LM BODYPUMP VIRTUAL INSTRUCTOR
7:30 am	LES MILLS BODYFLOW VIRTUAL INSTRUCTOR	LES MILLS BODYPUMP VIRTUAL INSTRUCTOR	LES MILLS BODYFLOW VIRTUAL INSTRUCTOR	LES MILLS BODYPUMP VIRTUAL INSTRUCTOR	LES MILLS BODYFLOW VIRTUAL INSTRUCTOR	10:30 AM LM BODYFLOW VIRTUAL INSTRUCTOR
8:30 am	SILVER SNEAKERS CLASSIC PRISCILLA	LES MILLS BODYFLOW (45') VIRTUAL INSTRUCTOR	SILVER SNEAKERS CLASSIC PRISCILLA	LES MILLS BODYFLOW (45') VIRTUAL INSTRUCTOR	SILVER SNEAKERS CLASSIC PRISCILLA	11:30 AM LM BARRE (30') VIRTUAL INSTRUCTOR
9:30 am	STRETCH AND RELEASE FELIX	LES MILLS BARRE (30') VIRTUAL INSTRUCTOR	STRETCH AND RELEASE FELIX	LES MILLS BARRE (30') VIRTUAL INSTRUCTOR	STRETCH AND RELEASE FELIX	12 PM LM BODYCOMBAT VIRTUAL INSTRUCTOR
10:30 am	TABATA MARIA	SILVER SNEAKERS CLASSIC TAMI	ZUMBA GOLD MARIA	SILVER SNEAKERS CLASSIC TAMI	ZUMBA GOLD MARIA	CONTACT INFORMATION  38233 Daughtery Road Zephyrhills, FL 33540  813-783-6123  AHZWellnessCenter.com
11:30 am	LES MILLS CORE VIRTUAL INSTRUCTOR	SILVER SNEAKERS YOGA TAMI	LES MILLS CORE VIRTUAL INSTRUCTOR	SILVER SNEAKERS YOGA TAMI	LES MILLS CORE VIRTUAL INSTRUCTOR	
12:10 pm	LES MILLS BODYPUMP VIRTUAL INSTRUCTOR		LES MILLS BODYPUMP VIRTUAL INSTRUCTOR		LES MILLS BODYPUMP VIRTUAL INSTRUCTOR	
12:50 pm	LES MILLS BODYCOMBAT VIRTUAL INSTRUCTOR	LES MILLS BODYPUMP (45') VIRTUAL INSTRUCTOR	LES MILLS BODYCOMBAT VIRTUAL INSTRUCTOR	LES MILLS BODYPUMP (45') VIRTUAL INSTRUCTOR	LES MILLS BODYCOMBAT VIRTUAL INSTRUCTOR	
BREAK						
5:00 pm	LES MILLS BARRE (30') REBECCA	4:45 PM LM CORE (45') VIRTUAL INSTRUCTOR	LES MILLS BARRE (30') REBECCA	4:45 PM LM CORE (45') VIRTUAL INSTRUCTOR	LES MILLS BARRE (30') VIRTUAL INSTRUCTOR	GROUP TRAINING* BLAST with Felix Monday and Wednesday 6 am Boxing with Taylor Tuesday and Thursday 5:30 pm <i>* See the front desk team for more information and pricing.</i>
5:30 pm	LES MILLS BODYPUMP REBECCA	CARDIOKICK! CHRISTINA	LES MILLS BODYPUMP REBECCA	CARDIOKICK! CHRISTINA	LES MILLS BODYPUMP (30') VIRTUAL INSTRUCTOR	
6:30 pm	LES MILLS BODYFLOW REBECCA	LES MILLS BARRE REBECCA	LES MILLS BODYFLOW REBECCA			
7:15 pm		LES MILLS BODYFLOW VIRTUAL INSTRUCTOR		LES MILLS BODYFLOW VIRTUAL INSTRUCTOR		
7:40 pm	LES MILLS CORE VIRTUAL INSTRUCTOR		LES MILLS CORE VIRTUAL INSTRUCTOR			

LesMILLS
ONDEMAND

Available for use when no other class is in session
 Select any available Les Mills classes you want to attend!
 Enjoy 20-60 minute versions of **BODYPUMP**, **BODYFLOW**, **CORE**, **BODYCOMBAT**, AND **BARRE**.
**This is a first-come, first-serve option. Join current class or wait until current class has ended.*

Virtual Spin 24/7.
 30-60 minute classes
 Every hour on the half hour.
**Reserve your spot online.*