

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
8:30 AM	 8:30am Michele	 8:15am Lorelle	 8:30am Michele	 8:15am Leslie	 8:30am Michele	 8:30am Cheryl		
9:30 AM	 9:30am Danielle	 9:30am Cameron	 9:30am Carly	 9:30am Hana	 9:30am Cameron	 9:30am Carrie	 9:30am Meghan/Alina	
10:30 AM	 10:30am	Barre 10:40am Evelyn	 10:30am Carly	 10:40am Barbara	 10:30am Carly	 Bill & Jean/ Larry & Cheryl 10:30am		
11:30 AM	 11:30am Barbara	Senior Circuit 11:40am Larry	 11:30am Tracy	Senior Circuit 11:40am Larry	 11:30am Tracy	<p>Our Group Fitness Schedule Is Always Online At: www.DunedinFamFit.com</p>		
5:00 PM	CORE Complete 5:00pm-5:30pm Shelley	 5:00pm – 6:00pm Shelley	CORE Complete 5:00pm-5:30pm Kimber		2646 Bayshore Blvd. Dunedin, FL 34698 • 727-736-6698 Group Fitness Director: Carly Nelson Carly@DunedinFamFit.com			
5:30 PM	 5:30pm Shelley		 5:30pm Larry & Cheryl	 5:30pm Carrie/Steffany	General Manager: Shaun Bryant Sbryant@DunedinFamFit.com			
6:30 PM	 6:30pm Larry & Cheryl	 6:00pm Shelley		 6:30pm Cheryl	Childcare Hours		Club Hours	
7:30 PM		 7:00pm Cheryl			Monday - Friday	8:30am- 12:00pm	Monday – Thursday	5am-10pm
					Monday - Thursday	4:00pm- 8:30pm	Friday	5am-9pm
					Saturday	8:30am- 12:00pm	Saturday	7am-6pm
					Sunday	Closed	Sunday	7am-5pm

Try our new Barre class Tuesdays at 10:40am!

Class	Description
	The original weights class that builds strength, tones your body, and pushes you to the limit to be strong. This is a 60 minute weights-based resistance training class that is moderate to high intensity.
	A challenging mix of martial arts and endurance, unleashing strength you never knew you had. This is a 55 minute martial arts inspired cardio class that is high intensity.
	A yoga, tai chi and Pilates inspired workout that leaves you long, strong, calm and centered, as well as feeling balanced. This 55 minute class is low intensity. Bringing your own yoga mat is optional, but preferred.
	Zumba combines Latin and International music with a fun and effective workout system. The workout primarily consists of dancing and cardio.
	Have fun, meet friends, and move to music through a variety of exercises to increase strength, range of motion, and improve functionality. Hand held weights, elastic tubing, and a silver sneakers ball are used for resistance. A chair is used for seated intervals and standing support.
<h1 data-bbox="170 646 407 716">Barre</h1>	Our Barre class is based on the newest trend in exercise. This cutting edge, ballet inspired, non-impact workout uses the principles of dance, pilates and functional strength training to strengthen your legs, arms and core. You will leave this class feeling toned and fatigued from the small isometric movements and full range of motion movements and you will love it!! Socks are recommended.
	A stress-free workout using a fluid movement of yoga postures for a full-body stretch. Increase flexibility, balance and strength using specific Asanas and breathing to practice the mind-body connection.
	High Intensity Interval Training is a total body strength and conditioning class that will challenge you to improve your overall fitness. This interval training circuit class is a mix of cardio, weights, and plyometrics. Stations are set up to utilize strength, agility and power. Every major muscle group is challenged in every circuit training class.
	A full body cardio step workout that will leave you feeling energized!
	A combination of cardio and strength training. 30 minutes of cardiovascular dance followed by 30 minutes of various strength training exercises using free weights, Therabands, exercise balls and weighted bars!
<h3 data-bbox="170 1218 407 1247">Senior Circuit</h3>	Cardio Circuit is a cardio and strength class. We promise a fun and challenging workout for our active older adults!
<h3 data-bbox="170 1299 407 1328">CORE Complete</h3>	30 minute class, designed to increase strength and flexibility in the abdominal, obliques, and back!