







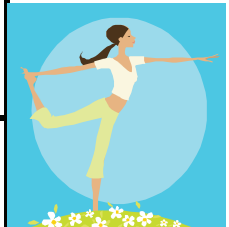





## Water Classes

Monday	Tuesday	Wednesday	Thursday	Friday	
	8:00 KPCH Aquacize		8:00 KPCH Aquacize		 <b>*Class Changes*</b> Tue 5/4 Replaced with Pilates & Thu 5/6 Zumba is cancelled.
	8:30 KPSC Stretch&Sculpt			8:30 KPSC Stretch&Sculpt	
9:00 KPCH Deep H2O Power	9:00 KPCH Deep H2O		9:00 KPCH Deep H2O		
10:00 KPCH In Sync	10:00 KPCH Joint Effort	10:00 KPCH In Sync		10:00 KPCH Joint Effort	
11:15 KPSC Water Power Hour	11:15 KPSC Water Walk <b>Outside</b>	11:15 KPSC Double Noodle Wednesdays	11:15 KPSC Water Walk <b>Inside</b>	11:15 KPSC Aqua Fun Fridays	
12:30 KPCH Water Power Hour	12:30 KPCH Water Power Hour	11:15 KPSC Water Walk <b>Inside</b>	12:30 KPCH Water Power Hour		
1:30 KPCH Joint Effort	Class ends for summer after 5/25.		1:30 KPCH Joint Effort		<b>Group Exercise classes will be held as usual on Mon, Memorial Day, 5/31.</b>

## Land Classes

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:00 KPCH Total Body		8:00 KPCH Total Body		8:00 KPCH Total Body	Circuit cancelled 5/14
9:00 KPSC Bums & Tums	9:00 KPSC Flex & Flow	8:30 KPSC Sunrise Yoga	9:00 KPSC Bums & Tums	9:00 KPSC Circuit	9:00 KPSC Flexibility 90Min
10:00 KPSC Total Body	10:00 KPSC 	10:00 KPSC Total Body	10:00 KPSC 	10:00 KPSC Total Body	
11:15 KPSC Flexibility 60Min	11:15 KPSC Flexibility 90Min		11:15 KPSC Flexibility 90Min	11:15 KPSC Rejuvenation Yoga	<b>*Class schedule subject to change.*</b> Kings Point Clubhouse (KPCH) 813-387-3439 Kings Point South Club (KPSC) 813-387-3469
Class ends for summer 5/24.	11:30 KPCH Sit & Get Fit		11:30 KPCH Sit & Get Fit		
1:00 KPCH 		1:00 KPCH 			
2:30 KPSC Rejuvenation Yoga					
◆ Grey box denotes change from previous month or special announcement.					