



Brandon.shapesfitnessforwomen.com
813-661-0033

AQUATIC EXERCISE STUDIO

CARDIO / SPECIALITY HIIT / STRENGTH



Club Hours:
Mon-Thurs: 5A-9P
Fri: 5A-8P
Sat: 8A-3P
Sun: 9A-3P
SUBJECT TO CHANGE

Kids Zone Hours:
M-S: 8:30-12P
M-Th: 5--8:30P
Sun: Closed

Premier Membership
SUBJECT TO CHANGE

| | MONDAY | TUESDAY | WEDS | THURS | FRIDAY | SATURDAY | SUNDAY |
|--------------|----------------------------|----------------------|----------------------------|----------------------------|----------------------|---|------------------------|
| 9:15 | Aqua Bata Collene | TRI FECTA Sibilla | Aqua Fit Collene | Volleyball Open | TRI FECTA Melissa | WATERinMOTION Ann | Inferno Ann/Sibilla |
| 10:30 | Volleyball Open | | Volleyball Open | Inferno Susan | | 11:00 AM Volleyball Open | |
| 6:15P | Aqua Zumba Tatiana | Aqua Bata Linda | WIM Ilia | Aqua Fit Lisa | | | |

2020 Specialty Training Options Available

- Tri-athlete Training
- Surf and Turf Small Group Aquatic Specialty Training
- Aqua Stretch in Therapy Pool
- Lap Swim
- Weight Loss in the Aquatic Environment



Aquatic Specialities Programs
Aquatic Footwear Required

(Please shower before entering the aquatic pools)
(Please remove street shoes when entering the aquatic studio)