



THE TEMPLE TERRACE PARKS & RECREATION DIVISION INVITES YOU TO

# FITNESS FIRST

## January 14-18

New Year - New Gym - New YOU!

*Classes below are FREE for members and their guests*

*FREE guest access (8 AM - 8 PM) when accompanied by an adult member*

*Guests must check in at Customer Service with photo ID*

### Monday, January 14

- **Regenexx/EXOS** giveaways and movement screens 8—10 AM
- **Intro to SPIN Cycling** 9:30—10:30 AM

### Tuesday, January 15

- **Intro to HIIT Boot Camp** 9:30—10:30 AM
- **Nutrition Class:** Secrets, Principles, and Myths for Weight Loss/Muscle Gain 11 AM—12:30 PM
- **Regenexx/EXOS** giveaways and movement screens 4—6 PM

### Wednesday, January 16

- **Intro to SPIN Cycling** 9:30—10:30 AM
- **Nutrition Class:** Secrets, Principles, and Myths for Weight Loss/Muscle Gain 12:30—2 PM

### Thursday, January 17

- **Rhythmic Yoga** 8—9 AM
- **Cardio Combo** 9—10 AM
- **Fitness Evaluations with Sibilla** noon—2 PM

### Friday, January 18

- **Regenexx/EXOS** giveaways and movement screens 8—10 AM
- **Intro to SPIN Cycling** 9:30—10:30 AM



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