



Get Active, Tampa Bay!
YMCA Community Open House
Calendar of Events
September 19-27, 2009

SEFFNER: Brandon Family YMCA, 3097 S. Kingsway Rd., 813-685-5402

Saturday, Sept 19	Indoor Cycling (9am; 13 & up) / Family Kidzone Hours (8am-2pm)
Sunday, Sept 20	Family Fun at the Pool (1-5:30pm)
Monday, Sept 21	Parents...busy Monday? Relax with Yoga (7:30pm; 13 & up)
Tuesday, Sept 22	Bootcamp (5:30pm; 13 & up) / Zumba (6:30pm; 13 & up)
Wednesday, Sept 23	Open Court- Basketball Gym / Wii Wednesday in Kidzone (4-8:30pm)
Thursday, Sept 24	Toddler Play Day Parent/Child Gymnastics - Complimentary Class (10:30am) Teen Wellness (special invite to Parents tonight! 6-7pm)
Friday, Sept 25	Family Fun Friday in Kidzone (4-8:30pm) Family Hours in Wellness Center (4-8:30pm; 10& up w/parents)
Saturday, Sept 26	Indoor Cycling (9am; 13 & up) / Zumba (10:30am; 13 & up)
Sunday, Sept 27	Family Fun at the Pool (1-5:30pm)

CARROLLWOOD: Bob Sierra Family YMCA, 4029 Northdale Blvd, 813-962-3220

Saturday, Sept 19	Enjoy the Water Park & Play Park 9am – 7pm or try Masters Swim 10:30 – 12pm (YFC*)
Sunday, Sept 20	Family Salsa with Wilda 2–3pm (Bob Sierra Y)
Monday, Sept 21	Family Spin with Phil 6– 6:30pm (Bob Sierra Y)
Tuesday, Sept 22	Family Bootcamp with Wilda 3:30 – 4:30pm (Bob Sierra Y)
Wednesday, Sept 23	Zumba with Anissa 7:30 – 8:30pm (YFC*)
Thursday, Sept 24	Beginner Spin at 9:15am and 6:15pm or Track Workout w/ Lisa 6:30 – 7:30pm (Ben Hill Middle School)
Friday, Sept 25	FREE Fitness Orientations and Fitness Q & A 9 – 12pm (Bob Sierra Y)
Saturday, Sept 26	Master Swim 10:30 – 12pm (YFC*)
Sunday, Sept 27	Pilates Plus with Wilda 5:15 – 6:15pm (Bob Sierra Y)

*The Youth & Family Center is located at 4015 Ragg Rd., Tampa, FL 33624

TAMPA HEIGHTS: Bob Gilbertson Central City Family YMCA, 110 E. Palm, 813-229-9622

Saturday, Sept 19	Core & Flexibility Class 10-11am
Monday, Sept 21	Water Therapy 10:30- 11:30am, Youth Hip Hop Dance 3- 4:30pm
Tuesday, Sept 22	Sit and Be Fit Class 10-11am, Family Zumba 5:30-6:30pm
Wednesday, Sept 23	Family Water Aerobics 5:30-6:30pm
Thursday, Sept 24	Cardio Kickboxing 5:30-6:30pm
Friday, Sept 25	Teens Hip Hop Dance 3-4:30pm
Saturday, Sept 26	Zumba Challenge 8:30-10am

VALRICO: Campo Family YMCA, 3414 Culbreath Rd., 813-684-1371

Saturday, Sept 19	Free Sample Basic Training Class (Group Personal Training) 11:00am on Fitness Floor
Sunday, Sept 20	Indoor Triathlon* at 6:30am
Monday, Sept 21	Boot Camp 9am in the Gymnasium
Tuesday, Sept 22	Youth Fitness Orientation 6pm-8pm; Sample Personal Fitness Program (PEP) 6-8pm
Wednesday, Sept 23	Tai Chi at 10:30am in the Multi-purpose Room

Thursday, Sept 24 Sample Adult Master Swim Class at 6:00pm in Pool
 Friday, September 25 Dance to Body Jam at 11:00am in Aerobics Room
 Saturday, September 26 Judo; 9am- 10am (5yr-12yr); 10am-11pm- (Teen and Adult)
 Sunday, September 27 RPM (Indoor Cycling Class) at 3:15pm
 *Registration Fee to participate in the Indoor Triathlon, see the front desk for details.

DOWNTOWN TAMPA:

YMCA Downtown Wellness Center (Ft Brooke), 104 S. Franklin St, 813-229-1305

YMCA Downtown Wellness Center (100 North), 100 N. Tampa St, 813-223-1334

Saturday, Sept 19 Sample Group Personal Training 8am - 9am (100 N. Tampa St.)
 Monday, Sept 21 Tower Class at 5:15pm (104 S. Franklin St.)
 Tuesday, Sept 22 Beginner Yoga at 5:30pm (100 N. Tampa St.)
 Wednesday, Sept 23 Beginner Spin at 5:45pm (100 N. Tampa St.)
 Thursday, Sept 24 Spin Class at 6pm or 12pm (100 N. Tampa St.)
 Friday, Sept 25 Kickboxing Fusion at 12pm (104 S. Franklin St.)
 Saturday, Sept 26 Ultimate Athlete Competition (104 S. Franklin St.)

ZEPHYRHILLS: East Pasco Family YMCA, 37301 Chapel Hill Loop Dr, 813-780-9622

Saturday, Sept 19 Open House Kick-Off 11am - 3pm Join us for family fun; bounce house, face painting, sack races, water balloon toss and Spin-A-Thon from 11:30-2:30pm
 Sunday, Sept 20 Zumba at 2pm
 Monday, Sept 21 Step at 5:30pm
 Tuesday, Sept 22 Yoga at 4:45pm
 Wednesday, Sept 23 Versa Training at 6:30pm (40 min. group ex and 30 min. water class)
 Thursday, Sept 24 Spin and Sculpt at 5:30pm
 Friday, Sept 25 Family Yoga at 5:30pm
 Saturday, Sept 26 Sweat Shop at 9am
 Sunday, Sept 27 Zumba at 2pm

LITHIA: FishHawk Ranch YMCA Express, 16144 Churchview Drive, 813-651-4200

Saturday, Sept 19 Walk/ Run Club at 7am, meets at the bottom of the stairs of the Express YMCA
 Monday, Sept 21 Senior Fitness, Group Fitness Class at 11:45am in the Aerobics Room
 Tuesday, Sept 22 Free Sample Youth Fitness Boot Camp (ages 7-12) at 5pm in the Aerobics Room
 Wednesday, Sept 23 Beginners Group Fitness 101 Class at 10:30am in the Aerobics Room
 Thursday, Sept 24 Free Sample Basic Training at 6-7pm
 Friday, Sept 25 Free Sample Martial Arts Class 5pm (ages 3-6), 5:30pm (ages 7-12), 6:30pm (ages 13 & up)
 Saturday, Sept 26 Group Fitness/ Aerobics Les Mills / Zumba Launch, 8:30-10:30am

SOUTH TAMPA: Interbay-Glover Family YMCA, 4411 S. Himes Ave, 813-839-0210

Saturday, Sept 19 Begin to Spin with Mary Lou at 10:15am (30 minute class), Kid's Yoga Ages 5-10 12pm - 12:30pm
 Sunday, Sept 20 The Challenge with Myrna at 4:30pm
 Monday, Sept 21 Golden Spin at 10:30am
 Tuesday, Sept 22 Dance the Night Away with Susan's Zumba Class at 6:15pm
 Wednesday, Sept 23 Rock Climbing with the family from 4:15- 6pm
 Thursday, Sept 24 Aqua Fitness with Jeannette at 11am
 Friday, Sept 25 Open Gymnastics Class from 3:30pm - 4:30pm
 Saturday, Sept 26 Member Appreciation Day 10am - 1pm
 Saturday, Sept 26 New Member Social from 10-10:45am
 Sunday, Sept 27 Yoga with Anita at 1pm

NEW TAMPA:

New Tampa Family YMCA, 16221 Compton Dr, 813-866-9622

Saturday, Sept 19	Step 8:15am / Spin 9:30am
Sunday, Sept 20	Yoga 2:30pm
Monday, Sept 21	Muscle Max 9:30am / Kids Boot Camp 4:15pm / Spin 6pm
Tuesday, Sept 22	Zumba 8:30am / Bootcamp 7pm
Wednesday, Sept 23	Total Body Conditioning 9:30am / Kid's Yoga 4:30pm / Kickboxing 6:30pm
Thursday, Sept 24	Spin 9:30am / Kickbox Circuit 10:30am / Infusion (Pilates/Core) 6pm
Friday, Sept 25	Cardio Spice 9:30am / Kid's Dance Party 4:15pm / Zumba 6pm
Saturday, Sept 26	Muscle Max 9am / Yoga 10:30am
Sunday, Sept 27	Total Body Conditioning 1:30pm / Pilates 3:30pm

TOWN 'N' COUNTRY:

Northwest Hillsborough YMCA, 8950 W. Waters, 813-249-8510

Saturday, Sept 19	Family Swim Clinic 1-2pm (8+ yrs, must be able to swim)
Sunday, Sept 20	Group PEP 12-5pm (10+yrs) Learn to use our equipment
Monday, Sept 21	Beginner Spin 4:30-5:30pm (must be tall enough for Spin bike)
Tuesday, Sept 22	Family Bootcamp 6:15-7pm (Ages 5-10 WITH parent)
Wednesday, Sept 23	Cardio Kickboxing 6:30-7:30pm (8+yrs)
Thursday, Sept 24	Zumba 6:30-7:30pm (8+yrs)
Friday, Sept 25	Rock Wall Climbing 5-8pm (5+ yrs, adult must sign waiver)
Saturday, Sept 26	Family Swim Clinic 1-2pm (8+ yrs, must be able to swim)
Sunday, Sept 27	Group PEP 12-5pm (10+ yrs) Learn to use our equipment

PLANT CITY:

Plant City Family YMCA, 1507 YMCA Place, 813-757-6677

Saturday, Sept 19	Adult/Teen Water Aerobics 9-10am, Family Open Swim 2-4pm
Sunday, Sept 20	Family Open Swim 2-4pm, Parent/Child Playtime in Kids Playzone 4-5:30 pm
Monday, Sept 21	Adult Tai Chi w/Gerald 8-9am, Parent/Child Fitness w/Lesley Ages 12+ 3:30-4:30pm Teen/Adult Step & Sculpt w/Mary 4:30-5:15pm
Tuesday, Sept 22	Teen/Adult Spin Class 5:30-6:15 pm, Adult Yoga w/Sue 7-8pm Family Game Night – ZenoZone 6:15-7:30
Wednesday, Sept 23	Adult Resist-a-Ball w/Lesley 8:30-9am, Hit the Weights w/Lesley 9-10am Beg. Zumba Gold w/Betzy– Ages 13+ 4:45-5:30pm
Thursday, Sept 24	Swim Club w/Lisa – Ages 5-13 5:30-7pm, Kids Exercise Class w/Ivy 6-7pm Teen/Adult Step with Missy 6:15-7pm
Friday, Sept 25	Line Dancing w/Linda 9-10am
Saturday, Sept 26	Adult Water Aerobics 9-10am, Kids Soccer Camp w/Ryan 9am-2pm, Family Swim 1-5pm
Sunday, Sept. 27	Family Volleyball w/Ryan, Ages 7+ 1-3pm, Teen/Adult Spin w/Ellen 3-3:45 pm

WESTCHASE:

West Park Village YMCA Express, 9878 Linebaugh Ave, 813-792-7838

Saturday, Sept 19	Choose a Group Exercise Class offered from 8am-12:30pm or Tai Chi at 2:30pm
Sunday, Sept 20	Family Yoga at 2:15pm
Monday, Sept 21	Running Clinic at 8am
Tuesday, Sept 22	Fit Kids at 4pm
Wednesday, Sept 23	Family Boot Camp at 5:30pm
Thursday, Sept 24	Kiddie Yoga at 11:30am
Friday, Sept 25	Stroller Fitness at 9:30am
Saturday, Sept 26	Blood Pressure and Body Compositions from 9-11am
Sunday, Sept 27	Family Yoga at 12:15pm

BARDMOOR: 8787 Bryan Dairy Rd., Largo, FL 33777 727-394-9622

- Monday, Sept 21 Visit the YMCA, pick your America On the Move Team, and begin your step count with a cardio or strength workout on the wellness floor. Featured class is SilverSneakers at 1:30pm.
- Tuesday, Sept 22 Tai Chi at noon and a unique wellness experience with Laughter Yoga at 2:30 pm
- Wednesday, Sept 23 A two step special with Basic Cardio and Strength at 9am and Powerflex at 11am
- Thursday, Sept 24 A 30-minute walk in the wellness center followed by a chance to relax with our monthly movie on the big screen. This month, Sleepless in Seattle.
- Friday, Sept 25 Fitness Development with a GI Jen Cardio and Strength training class at 11:30am

CITRUS: 2805 Highway 44 West. Inverness, FL 34450 352-586-4390

- Saturday, Sept 26 Health and Fitness Expo, 10am-2pm

CLEARWATER: 1005 S. Highland Ave., Clearwater, FL 33756 727-461-9622

- Saturday, Sept 19 Family Basketball Walk - Teams and their families will be walking around our track to kick off America on the Move Week. Lead by our coaches, the walk will take place after each set of games at 10am, 11am and 12pm.
- Sunday, Sept 20 Line Dancing 11:30am
- Monday, Sept 21 Belly Dancing 6:30pm
- Tuesday, Sept 22 Zumba 6:30pm, 15 Minute Fitness Assessments - Focusing on flexibility, strength, cardio and balance 8-10:30am
- Wednesday, Sept 23 Family Fun Walk (Around the YMCA block) 6pm
- Thursday, Sept 24 Water Aerobics 4pm, 15 Minute Fitness Assessments - Focusing on flexibility, strength, cardio and balance 7-9pm
- Friday, Sept 25 Zumba 6:30pm, Family Fun Night (Track & Field Events) 6:30pm Participants will need to sign up for this event by calling the branch or on our sign up sheet.
- Saturday, Sept 26 Latin Cardio 10:15am

GREATER PALM HARBOR: 1600 16th Street, Palm Harbor, FL 34683 727-787-9622

- Sat, Sept 19 Flag Football Clinic (age 6-12) 9-10:30am
- Monday, Sept 21 Senior Fun Fitness Games, 10:45-11:30am, Teen Zumba, 6:30-7:25pm, Swimming Dragons 7:30pm
- Tues, Sept 22 Swimming Dragons 11am, Adult Swim for Fitness, 12:30-1:30pm
- Wednesday, Sept 23 Preschool Healthy Living Brunch Bunch*, 10-noon, Teen Warriors, 6:30-7:25pm, Swimming Dragons 7:30pm
- Thurs, Sept 24 Swimming Dragons 11am, Zumba Gold Dance, 12:30-1:15pm, Adult Swim for Fitness, 12:30-1:30pm
- Friday, Sept 25 Preschool Super Heroes Party*, 10am-1pm, Fitness Walking, 10:45-11:15am, Teen Hip Hop, 7-7:55pm, Parents Night Out* (age 3-12) 6-10pm

Wellness Center Fitness Challenge Daily, all day long

*Must register ahead of time.

GREATER RIDGECREST: 1801 119th Street North, Largo, FL 33778 727-559-0500

- Thursday, Sept 24 Senior Walk-a-Thon, 10-11am

HERNANDO: 1300 Mariner Blvd. Spring Hill, FL 34609 352-688-9622

- Sunday, Sept 20 Community Open House Noon - 6pm, Zumba Party 12:30pm, Cycling Class 12:15pm, 1:30pm or 2:45pm
- Monday, Sept 21 Sunrise Boot Camp 5:45am, Weight Watchers 8am-noon, Late Rise Boot Camp 9am, Kids Movin' and Groovin' Nature Walk 10am, Youth Hip Hop Dance 5:30pm, Sunset Boot Camp 5:30pm, Ping Pong Tournament 6pm, Food Pyramid Bingo 6pm, Youth Boot Camp 6:30pm
- Tuesday, Sept 22 Little Chefs 10am, Pool Treasure Hunt 5pm, Healthy Snacks in Kidzone 5:30pm, Interval Intense Class 6:30pm, Jr. Leaders/Leaders vs. Youth Boot Camp Challenge 6:30pm
- Wednesday, Sept 23 Healthy Lifestyles 9am-noon, Kids Zone Junior Olympics 10am, Power Pump Step 10am, Belly Dancing 5:30pm, Kids Zone Olympics 5:30pm, 3 on 3 Basketball Tournament on Courts 6pm, Zumba 6:40pm

Thursday, Sept 24 Zumba 10am, Make Your Own Healthy Placement 10am, Pool Treasure Hunt 5pm, Wii Challenge for Tweens/Teens 5:30pm, Aqua Zumba 6pm, Cardio Unleashed 6:40pm

Friday, Sept 25 TerLup Chiropractic 8am-1pm, Zumba Gold 9:40am, Family Fun Night Kickball / Dinner 6-8pm

Saturday, Sept 26 Youth Biathlon (ages 6-17) 8am, Aqua Zumba 8am, Zumba Toning 10am, Ballroom Dance 1pm

*Register for the Iron Member Triathlon (Week Long Fitness Challenge) or the Aquatics "Swim To" Event

HIGH POINT: 5345 Laurel Place, Clearwater, FL 33760 727-507-9622

Monday, Sept 21 Flag Football Game 4:30-5:30 pm, Hip Hop Dance Class 6-7pm

Tuesday, Sept 22 Aerobics 10:15-11:15am, Youth Wii Fit Challenge 4:30-6pm

Wednesday, Sept 23 Walk-a-thon at Ridgecrest YMCA 10am-12:30pm, Teen Basket Ball Tournament

Thursday, Sept 24 Kayak 500 Relay

Friday, Sept 25 Field Trip to Astro Skate \$4 pp - OST kids only 5:00pm

JAMES P. GILLS: 8411 Photonics Dr. New Port Richey, FL 34655 727-375-9622

Sunday, Sept 20 Youth Triathlon 7:30am

Monday, Sept 21 Senior 26 lap marathon 11:30am-12:30pm

Wednesday, Sept 23 Teen Center ping pong tournament 3:30pm

Thursday, Sept 24 Teen Center Dance Dance Revolution tournament 3:30pm

Friday, Sept 25 Adult Volleyball Night 6-9pm

NORTH PINELLAS: 4550 Village Center Dr. Palm Harbor, FL 34685 727-772-9622

Sunday, Sept 20 Family Fun Picnic 12-4pm at J Chestnut Park Shelters: Knights of Columbus youth soccer challenge, inflatables family games, scavenger hunt, obstacle course, healthy picnic, music, prizes

Monday, Sept 21 Cardio Tennis Open House 8:30-9:30am, Water Aerobic Splash a Thon 10am, Little Learners Playschool Open House 10:30-11:30am, Leaders Club Fitness Challenge 6-7:30pm

Tuesday, Sept 22 Preschool Sports: T-ball Open House 4-4:45pm (3-4 year olds), 5-5:45pm (5-6 year olds)
Drums Alive! Percussion Workout 6:30pm

Wednesday, Sept 23 Community and Member Appreciation Day / Community Social 12:30-1:30pm, Fit Kids Open House (ages 6-10) 4-5pm, Soccer Clinic 4:30-5:15pm (6-8 year olds), 5:30-6:15pm (9-11 year olds)

Thursday, Sept 24 Tae Kwon Do Open House 5:30 or 7pm

Saturday, Sept 26 Celebration Night at Westfield Shopping Center Ice Rink 5-8pm

NPR SUNTRUST: 6130 US Hwy 19, New Port Richey, FL 34652 727-844-0332

Saturday, Sept 19 Zumba Thon 9-11am

Tuesday, Sept 22 Walk to Sims Park 9-10am or 6:30-7:30pm

Wednesday, Sept 23 Free Preschool Gym Time and Free Tumbling Class (age 8-16) 4-5pm

Thursday, Sept 24 Walk to Sims Park 9-10am or 6:30-7:30pm

Friday, Sept 25 Free Preschool Gym Time 11:15am-12:15pm