



# COUNTRYSIDE RECREATION NEWSLETTER



APRIL 2022

## HOURS

Mon.- Fri., 5 a.m. - 8:30 p.m.  
Sat., 8 a.m. - 5 p.m.

## CENTER CLOSURES

No Closures

## GYMNASIUM INFORMATION

Please call for open gym information.



Scan for more information  
about Countryside  
Recreation Center

## PROGRAM FOCUS ●

### DAY OUT CAMP

April 15, 7 a.m.-6 p.m.  
Games, arts & crafts, and more.

Call Lisa Diamond for more information  
at 727-669-1914 or email her at Lisa.  
Diamond@myclearwater.com.

To register, please visit Countryside  
Recreation Center.



## YOUTH & YOUTH/ADULT PROGRAMS ●

### GYMNASTICS

► with Diane Whitcher  
(ages 4-16)  
Beginners to advanced students learn  
acrobatic floor work exercises to the  
latest pop music. Students will be divided  
into groups according to ability and age.  
This is an enjoyable class that improves  
coordination and confidence.

- Thu., 4 to 6:45 p.m.
- Sat., 9:15 a.m. to 12:15 p.m.

#### Beginners, Intermediate, 30-minute class

- \$28 (W)/\$32 (W/O) average monthly fee

#### Advanced, 45-minute class

- \$32 (W)/\$36 (W/O) average monthly fee

For more information, please ask front desk  
staff or contact Diane at 422-4946.

## MEMBERSHIP INFO RECREATION CARD

	Resident	Non-Resident
Individual	\$7	\$180
Family	\$35	\$450

## ANNUAL PLUS

Individual	\$100
Additional Family Member	\$50


## PRICING CODE

(W) - with card or pass  
(W/O) - without card or pass

## PICKLEBALL

(ages 18 and older)

For night Pickleball hours, please call  
(727) 669-1914. Pickleball is a fun, active  
game that is played on a badminton-sized  
court with the net lowered to 34 inches.  
"It's a game for everyone!"

- Mon.-Fri., 8 to 11:30 a.m.
- Free (PLUS/Silver Sneakers )
- \$2 (W) / \$3 (W/O)

## ZUMBA GOLD

Active older adults who are looking for a  
modified Zumba class that recreates the  
original moves you love at a lower-intensity.

- Mon., 6:30 to 7:15 p.m.
- \$4 (W) / \$5 (W/O) per class

## KARATE

(ages 6 and older)

Traditional martial arts taught by a black  
belt instructor. Learn discipline and respect  
while having fun and making friends.

- Mon., Wed., 6 - 7 p.m.
- \$56 (W) / \$64 (W/O) average monthly fee

## MIXED MARTIAL ARTS

(ages 14 and older)

Kickboxing, grappling, Kali/Eskrima,  
street oriented training.

- Mon., Wed., 7 - 8 p.m.
- \$56 (W) / \$64 (W/O) average monthly fee





## ADULT PROGRAMS ●

### PERSONAL TRAINING

#### ► with Christina

Need a new workout routine? Have you been coming to Countryside Recreation Center for awhile and are getting bored of doing the same things all the time? Do you have a specific goal and would like some new exercises to train a specific muscle group? Why not schedule a one time 30-60 minute session with a personal trainer? Contact Christina Wilkinson. She can help you develop a workout routine, or just add a few new moves to freshen up your current workout.

**By appointment, (727) 686-9599.**

- \$20 (W) / \$22 (W/O) per hour

### FITNESS ORIENTATION (Free)

#### ► With Christina

Learn how to operate all of the equipment in Countryside's fitness room. By appointment, (727) 686-9599

### INITIAL CONSULTATION

#### with a 30-min follow-up session

#### ► With Christina

To create a basic routine for anyone to follow on their own time. By appointment, (727) 686-9599

- \$60 (W) / \$66 (W/O)

### ONE ON ONE TRAINING

#### ► With Christina

Focus on your individual needs with a private session. By appointment, (727) 686-9599

- \$40 (W) / \$44 (W/O) per 60 min. session
- \$20 (W) / \$22 (W/O) per 30 min. session

### TAP DANCE

- **Mon., 12:30 - 1:30 p.m.**
- \$5 (W) / \$6 (W/O) per class

## ACTIVE ADULT PROGRAMS ●

### LINE DANCE

- **Tue., 11:30 a.m. to 12:30 p.m.**
- \$4 (W) / \$5 (W/O) per class

Silver **Sneakers** 🦋

### YOGA

#### ► with Barbara

- **Mon & Wed., 11:30 a.m. to 12:15 p.m.**
- Free (Silver **Sneakers** 🦋) / \$4 (W) / \$5 (W/O)

#### ► with Peggy

- **Thu., 11:30 a.m. to 12:15 p.m.**
- Free (Silver **Sneakers** 🦋) / \$4 (W) / \$5 (W/O) per class

### JAZZERCISE®

(ages 18 and older)

World's largest dance fitness program. Join the excitement and burn up to 800 calories per class.

Mornings:

- **Mon.-Sat., 9 - 10 a.m.**

Evenings:

- **Mon.-Thu., 6 - 7 p.m.**
- **Tue., 4:45 - 5:30 p.m., 6 - 7 p.m.**
- **Wed., 6 - 7 p.m.**
- **Thu., 4:45 - 5:30 p.m., 6 - 7 p.m.**

Prices vary; evening &

weekend classes are available.

Contact Kelly Morrison (727) 560-3563

### PICKLEBALL

(ages 18 and older)

For night Pickleball hours, please call (727) 669-1914.

Pickleball is a fun, active game that is played on a badminton-sized court with the net lowered to 34 inches.

"It's a game for everyone!"

- **Mon.-Fri., 8 - 11:30 a.m.**
- Free (PLUS/Silver **Sneakers** 🦋)
- \$2 (W) / \$3 (W/O)

### PILATES

(ages 18 and older)

Enhance your mind and body while increasing physical strength and flexibility. Bring floor mat.

- **Tue., 6 - 7 p.m.**
- \$5 (W) / \$6 (W/O) per class

Spots are limited.

Sign-up ahead of time.

### BOOM MUSCLE

#### ► with Christina

- **Wed., 10:30 to 11:15 a.m.**
- Free (Silver **Sneakers** 🦋) / \$4 (W) / \$5 (W/O)

#### ► with Barbara

- **Mon., 10:30 to 11:15 a.m.**
- Free (Silver **Sneakers** 🦋) / \$4 (W) / \$5 (W/O)

#### ► with Peggy

- **Tue., 10:30 to 11:15 a.m.**
- **Thu., 10:30 to 11:15 a.m.**
- **Fri., 11:30 a.m. to 12:15 p.m.**
- Free (Silver **Sneakers** 🦋) / \$4 (W) / \$5 (W/O) per class