



COUNTRYSIDE RECREATION NEWSLETTER



MAY 2022

HOURS

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

CENTER CLOSURES

Juneteenth: June 20

GYMNASIUM INFORMATION

Please call for open gym information.



Scan for more information
about Countryside
Recreation Center

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

PROGRAM FOCUS ●

SUMMER CAMP 2022

May 31- August 5, 7 a.m.- 6 p.m.
Children entering grades 1 - 8.


For more information on activities, field trips, and pricing, please call Countryside Recreation Center.



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!"

- **Call for summer hours**
- 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 - 7:15 p.m.**
- \$4 (W) / \$5 (W/O) per class

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 - 6:45 p.m.**
- **Sat., 9:15 a.m. - 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.

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.**
- \$8 (W) / \$9 (W/O) per class

MIXED MARTIAL ARTS

(ages 14 and older)

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

- **Mon., Wed., 7 - 8 p.m.**
- \$8 (W) / \$9 (W/O) per class





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. - 12:30 p.m.**
- \$4 (W) / \$5 (W/O) per class

Silver Sneakers®

YOGA

► with Barbara

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

► with Peggy

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

JAZZERCISE®

(ages 13 and older)

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

- **Mon. thru Sat., 9 - 10 a.m.**
- **Mon. thru Thu., 4:45 - 5:45 p.m.**
- \$15 per class
- \$59 monthly fee for unlimited classes

► Beginners

- **Tue. & Thu., 6 - 7 p.m.**
- 2 classes or 2 people for \$20
- Summer Special 2 months for \$95

Contact Kelly for more specials
(727) 560-3563

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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 - 11:15 a.m.**
- Free (Silver Sneakers®)
- / \$4 (W) / \$5 (W/O)

► with Barbara

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

► with Peggy

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