



COUNTRYSIDE RECREATION NEWSLETTER



September 2022

HOURS & CLOSURES

Mon.- Fri., 5 a.m. - 8:30 p.m.
Sat., 8 a.m. - 5 p.m.
Labor Day, September 5, Closed.
Gymnasium: 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 FEATURE & COMMUNITY EVENTS

Funtastic Friday Nights

Parents, this is your opportunity to drop your children (ages 6-12) off at the Countryside Recreation Center and enjoy a few hours out.

Cost per child:

\$5 with recreation card
\$6 without recreation card

For more information, call (727)669-1914 or email lisa.diamond@myclearwater.com.

PICKLEBALL

Mon.-Fri., 8 - 11:30 a.m.
For ages 18 and older, pickleball is a fun, active game that is played on a badminton-sized court with the net lowered to 34 inches. Call (727) 669-1914 for night hours.
FREE (PLUS/SilverSneakers)/\$2 (W)/ \$3 (W/O)

ZUMBA GOLD

Mon., 6:30 - 7:15 p.m.
Active older adults who are looking for a modified Zumba class that recreates the original moves you love at a lower-intensity.
\$4 (W)/ \$5 (W/O)

YOUTH PROGRAMS

BEGINNER, INTERMEDIATE GYMNASTICS WITH DIANE

Thu., 4 - 6:45 p.m., Sat., 9:15 a.m. - 12:15 p.m.
Beginners students learn acrobatic floor work exercises to the latest pop music. Students will be divided by age and ability. Call 422-4946 for more information.
\$28 (W) / \$32 (W/O) average monthly fee

ADVANCED GYMNASTICS WITH DIANE

Thu., 4 - 6:45 p.m., Sat., 9:15 a.m. - 12:15 p.m.
Advanced students learn acrobatic floor work exercises to the latest pop music. Students will be divided by age and ability. Call 422-4946 for more information.
\$32 (W) / \$36 (W/O) average monthly fee

KARATE

Mon., Wed., 6 - 7 p.m.
Traditional martial arts taught by a black belt instructor for ages 6 and older. Learn discipline and respect while having fun and making friends.
\$8 (W) / \$9 (W/O) per hour

MIXED MARTIAL ARTS

Mon., Wed., 7 - 8 p.m.
Kickboxing, grappling, Kali/Eskrima, street oriented training.
\$8 (W) / \$9 (W/O) per hour

DAY-OUT CAMPS

For children entering grades K-8, Clearwater camps are the place to be for children to learn, grow and make memories!
7 a.m.-6 p.m.
\$20 (W) / \$22 (W/O) per day

ADULT PROGRAMS ●

JAZZERCISE®

Mon. thru Sat., 9 - 10 a.m., Mon. thru Thu., 4:45 - 5:45 p.m.

World's largest dance fitness program. Join the excitement and burn up to 800 calories per class. Contact Kelly at 560-3563 for info on specials. \$15 per class. \$59 monthly fee for unlimited classes.

PILATES

Tue., 6 - 7 p.m.

For ages 18 and older, enhance your mind and body while increasing physical strength and flexibility. Bring floor mat. \$2 (W) / \$3 (W/O) per hour

LINE DANCE

Tue., 11:30 a.m. - 12:30 p.m.

Learn fun line dances or just come for fun exercise for the body. FREE (PLUS/SilverSneakers) /\$4 (W) / \$5 (W/O) per class

YOGA WITH PEGGY

Thu., 11:30 a.m. - 12:15 p.m.

This class emphasizes stretching flexibility, breathing and relaxation techniques. FREE (PLUS/SilverSneakers) /\$4 (W) / \$5 (W/O) per class

BOOM MUSCLE 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.

An action-based, functional and strength-conditioning class that provides a dynamic workout. FREE (PLUS/SilverSneakers) /\$4 (W) / \$5 (W/O) per class

ONE-ON-ONE PERSONAL TRAINING WITH CHRISTINA

By appointment; Call 686-9599

Focus on your individual needs with a private session. \$40 (W) / \$44 (W/O) per 60 min. session
\$20 (W) / \$22 (W/O) per 30 min. session

PERSONAL TRAINING

By appointment; Call 686-9599

Looking for a more individualized fitness experience? Personal Trainer, Christina Wilkinson can help you develop a new workout routine or work on a specific fitness goal with a 30-60 minute session. \$20 (W) / \$22 (W/O) per hour

Call Christina Wilkinson at 686-9599 for more information.

BEGINNER'S JAZZERCISE®

Tue. & Thu., 6 - 7 p.m.

World's largest dance fitness program. Join the excitement and burn up to 800 calories per class. Contact Kelly at 560-3563 for info on specials.

2 classes or 2 people for \$20

Summer Special: 2 months for \$95

TAP DANCE

Mon., 12:30 - 1:30 p.m.

Learn the fundamentals of tap and improve your balance and memory while having fun. \$5 (W) / \$6 (W/O) per class

YOGA WITH BARBARA

Mon & Wed., 11:30 a.m. - 12:15 p.m.

This class emphasizes stretching flexibility, breathing and relaxation techniques. FREE (PLUS/SilverSneakers) /\$4 (W) / \$5 (W/O) per class

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PERSONAL TRAINING CONSULTATION WITH FOLLOW-UP

By appointment; Call 686-9599

Take 30 minutes to create a basic fitness routine with a personal trainer that you can later follow on your own time and pace. \$60 (W) / \$66 (W/O)

FITNESS ORIENTATION

By appointment; Call 686-9599

Take this free 15 minute course on how to operate the basic equipment in the Fitness Room.