



# COUNTRYSIDE RECREATION NEWSLETTER



August 2022

## HOURS & CLOSURES

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

### SUMMER & DAY-OUT CAMPS

For children entering grades K-8, Clearwater camps are the place to be for children to learn, grow and make memories!

### DAY-OUT CAMPS

7 a.m.-6 p.m.  
\$20 (W) / \$22 (W/O) per day

Throughout the school year, we also offer week-long camps during Pinellas County in-service days and breaks.

### 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 summer and 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



## 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.  
\$5 (W) / \$6 (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)

### 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.*

Contact Kelly at 560-3563 for info on specials. 2 classes or 2 people for \$20

OPEN HOUSE 8/27 - FREE Saturday class 9am & special signup offers

BACK TO SCHOOL WEEK 8/1 - 8/5

FREE classes Mon thru Fri 4:45 or 6pm

### 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

### BOOM MUSCLE WITH BARBARA

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An action-based, functional and strength-conditioning class that provides a dynamic workout.  
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### BOOM MUSCLE WITH CHRISTINA

*Wed., 10:30 - 11:15 a.m.*  
An action-based, functional and strength-conditioning class that provides a dynamic workout.  
FREE (PLUS/SilverSneakers) / \$4 (W) / \$5 (W/O) per class

### 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.