

Single Class  
**\$15 per person**

Packages available!



# STAND UP PADDLEBOARD FITNESS CLASSES

AT THE MEZRAH FAMILY AQUATIC CENTER

It's unlike any other class you have participated in before! Our SUP classes are a unique blend of isometric and plyometric exercises that are designed to keep your core strong while increasing flexibility and functional movement. Since each board provides a dynamic base, the harder you work, the more difficult and intense the workout becomes.

Classes are open to members and guests.

Complimentary session for first time users.\* Must register in advance by contacting [Aquatics@BGFJCC.com](mailto:Aquatics@BGFJCC.com).

**Please see back of flyer for class and pricing information.**



For more information, contact the Aquatics Department at [Aquatics@BGFJCC.com](mailto:Aquatics@BGFJCC.com) or by calling 813.291.2162.



522 North Howard Avenue | Tampa, FL 33606

# Class and Pricing Information

## Class Registration:

Pre-registration is required for each class. Enrollment may be done online or by contacting the Aquatics Department at 813.291.2162.

\* To register for a complimentary session, email Joshua Smith at [Aquatics@BGFJCC.com](mailto:Aquatics@BGFJCC.com). This offer is only available for first time users to our course.

## Class Pricing:

<b>SUP Fitness Class</b> (Member/Guest)	Complimentary Session*	FREE
	Drop-In Rate	\$15/23
	6 classes per month	\$75/115
	Unlimited classes per month	\$120/180

### SUP Fit

Amplify your fitness to the next level and leave your comfort zone behind. Challenge your foundation, balance, power and endurance with the instability of the SUP board and the unpredictability of the water in this unique class. This all-inclusive, high intensity interval training (HIIT) session will combine cardio, strength, flexibility, and balance into a fun total body workout. We will blend isometric and plyometric exercises like planks, push ups, burpees, lunges, squats, water-climbers and on-board sprints to get the blood pumping. A SUP Yoga cool down will stretch it out and bring you into a state of total bliss.

### SUP Core Fusion

Blending the benefits of High Intensity Interval Training (HIIT), Yoga and Pilates into one 60 minute total body workout that will focus on elements of fitness: cardiovascular, muscular conditioning, flexibility and balance! You will leave empowered and feeling strong. The water creates a peaceful atmosphere yet challenges your balance in an entirely different way. This class accessible to everyBODY!

### SUP Yoga

Not all yoga classes are created equal. Not all yoga classes have beautiful solid floors and incense. The floating studio provides the perfect setting to let go of the monkey mind and be fully present in the moment. After a short meditation and gentle stretching we will heat things up with sun salutations and a progressive practice where you can challenge yourself and redefine body awareness on an unstable foundation. This practice is meant to be joyful and fun, with options available for all levels and ages.

