

## USF Residents and Fellows

**Become a Wellness Club Member for access to premium fitness and wellness services at no out of pocket expense!**

### CLUB MEMBERSHIP BENEFITS

#### Fitness Center

Access to a variety of equipment including stair stepper, virtual cycle bike, treadmills, cable systems and dumbbells.

Discounts on all Fitness Center merchandise and services such as massages, personal training and Pilates reformer sessions.

#### Memberships

Club memberships are 1, 3, 6 or 12 months in length and do not automatically renew.

USF Residents and Fellows must show their TGH badge when signing up for verification.

Club Membership costs are deducted from your annual TGH gift fund.

#### Payment Options

We are a cash free facility and all payments are taken via credit or debit card.

We accept all credit cards, Apple and Samsung pay.

All services must be paid at time of scheduling.

#### Family & Friends

Spouses are eligible to join for \$11 per month payable by debit or credit card.

Club members can bring up to two family members or friends on Saturdays at no additional charge.

### HELPFUL INFORMATION

#### Hours of Operation

Monday – Thursday: 5:00 AM – 9:00 PM  
 Friday: 5:00 AM – 7:00 PM  
 Saturday: 7:00 AM – 3:00 PM

#### Contact Information

teamwellness@tgh.org

(813) 844-7935

#### Parking

Residents and fellows are encouraged to park in their designated parking area.

#### Location

1 Davis Blvd., 3rd floor Tampa, FL 33606



Key:

 1 Davis Bldg.  
 Metered Parking

## Wellness Club Member Services

### PAID SERVICES

#### FLEXIBLE PACKAGE OPTIONS

No complicated math or hidden fees. Buy as many sessions as you want at one consistently low rate.

#### PERSONAL TRAINING & ASSISTED STRETCH

A fitness specialist will help you create a customized workout plan.

Assisted Stretch provides a deeper stretch to muscles that may be difficult to stretch on your own.

Service	Club Member	Non-Member
30 Minute Session	\$15	\$30
30 Minute Group* (2-4 per group)	\$10/person	\$20/person
50 Minute Session	\$30	\$50
50 Minute Group* (2-4 per group)	\$20/person	\$30/person

\*Group only available for personal training

#### MASSAGE THERAPY

Our licensed massage therapists are trained in specialty massages such as deep tissue, craniosacral, prenatal, sports and cupping

Service	Club Member	Non-Member
25 Minute Massage	\$20	\$35
50 Minute Massage	\$35	\$50
80 Minute Massage	\$55	\$80

#### PRIVATE & SMALL GROUP PILATES

Build core strength, improve strength, balance, flexibility, posture and coordination

Service	Club Member	Non-Member
50 Minute Private	\$30	\$50
50 Minute Group (2-4 per group)	\$15/person	\$25/person

### COMPLIMENTARY SERVICES

#### COMMIT TO FIT

Three complimentary 50 minute personal training sessions with a fitness specialist.

Fitness specialists have at BS or MS in Exercise Science or a related field.

Initial intake includes goal setting, cardiovascular, muscular strength and body composition evaluations.

#### GROUP FITNESS

Access to unlimited group fitness classes such as barre, cycle, power press, yoga, zumba, and more.

Classes are designed for members of all fitness levels and can be modified for each member.

#### INTRO TO PILATES

Complimentary 30 minute introductory session. Intro session must be completed before participating in group sessions.



## GROUP FITNESS SCHEDULE: FEBRUARY 3 – FEBRUARY 29

New class or new instructor  
 Class is held in the Cycle Studio  
 Skype available must email rbozich@tgh.org

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:15 am – 6:00 am <b>POWER PRESS</b> Laura		5:15 am – 6:00 am <b>STRENGTH CIRCUIT</b> Carly		5:15 am – 6:00 am <b>MUSCLE CONDITIONING</b> Kelsey	
	6:00 am – 6:45 am <b>STRENGTH CIRCUIT</b> Paola	6:15 am – 6:45 am <b>CYCLE EXPRESS</b> Carly	6:00 am – 6:45 am <b>STRENGTH CIRCUIT</b> Paola		
8:00 am – 8:45 am <b>BARRE</b> Yolanda					8:00 am – 9:00 am <b>CYCLE</b> Yvette
				11:15 am – 11:45 am <b>BARRE EXPRESS</b> Shari	9:15 am – 10:00 am <b>BARRE</b> Carly
	11:45 am – 12:30 pm <b>MUSCLE CONDITIONING</b> Fernando	11:30 am – 12:30 pm <b>ZUMBA</b> Tanisha	11:45 am – 12:30 pm <b>GRIT STRENGTH</b> Chris	11:45 am – 12:15 pm <b>CORE STRENGTH</b> Shari	10:00 am – 11:00 am <b>STRENGTH CIRCUIT</b> Staff
	12:00 pm – 12:45 pm <b>WALK CLUB</b> Yolanda				12:00 pm – 1:00 pm <b>CARDIO KARATE</b> Dan
12:30 pm – 1:30 pm <b>YOGA FOR ALL</b> Ashley	12:30 pm – 1:15 pm <b>POWER PRESS</b> Shari	12:30 pm – 1:00 pm <b>BUTTS AND GUTS</b> Kelsey	12:30 pm – 1:15 pm <b>POWER PRESS</b> Shari		
12:30 pm – 1:15 pm <b>CYCLE</b> Kelsey	12:30 pm – 1:15 pm <b>MAT PILATES</b> Natalie	12:30 pm – 1:15 pm <b>CYCLE</b> Shari		12:30 pm – 1:15 pm <b>CYCLE</b> Shari	
3:00 pm – 3:30 pm <b>ZUMBA EXPRESS</b> Nancy		3:00 pm – 3:30 pm <b>ZUMBA EXPRESS</b> Nancy			
3:30 pm – 4:30 pm <b>CARDIO CONDITIONING</b> Nancy	3:30 pm – 4:30 pm <b>CYCLE</b> Kim	3:30 pm – 4:30 pm <b>ZUMBA TONING</b> Nancy	3:30 pm – 4:30 pm <b>CYCLE</b> Brandi		
4:30 pm – 5:30 pm <b>STRENGTH CIRCUIT</b> Rachel	4:30 pm – 5:15 pm <b>TABATA</b> Rachel	4:30 pm – 5:30 pm <b>YOGA FOR ALL</b> Maresa	4:30 pm – 5:30 pm <b>STRENGTH CIRCUIT</b> Fernando		
5:15 pm – 6:15 pm <b>CYCLE &amp; CORE</b> Yvette	5:00 pm – 6:00 pm <b>CYCLE &amp; CORE</b> Alan		5:15 pm – 6:15 pm <b>CYCLE &amp; CIRCUIT</b> Carly		
5:30 pm – 6:30 pm <b>POWER PRESS</b> Laura		5:30 pm – 6:30 pm <b>POWER PRESS</b> Laura			

**HOURS: Monday-Thursday 5 am – 9 pm, Friday 5 am – 7 pm & Saturday 7 am – 3 pm**

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**LOCATION: 1 Davis Blvd. 3rd Floor, Tampa FL, 33606**