



**Hillsborough  
County Florida**  
Parks & Recreation

Northdale Recreation for Adults

# New for 2021



## Come and Join us

Staying Fit and Healthy in a safe and clean environment.

Register online for a wellness access pass at \$10 monthly.

15550 Spring Pine Dr

33624 Tampa ,FL

813-264-8956

Douglasr@HCFLGov.net

**HCFLGov.net/Parks**

## Health & Fitness

### Tone and Stretch

Wednesdays

9:30 AM—10:30AM

### Badminton

Sunday

9:30am—1:00pm

### Volleyball

Friday

6:30pm—8:30pm

### Pickleball

Monday lessons

9:00am—10:00pm

Open play Tues / Thurs

9:30—12:00pm

Wednesday night

6:30pm—8:30pm

### YOGA

Friday

10:00am—11:00am