

# Group Fitness Schedule

at BayCare Fitness Center Bloomingdale | May 2024



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	5:15am - 6:15am Interval Training <b>Melissa</b>	5:15am - 6:05am Core & More <b>Melissa</b>	5:30am - 6:00am Express Cycle <b>Melissa</b>			<b>Special Offerings</b>
7:00 - 7:50am HIIT <b>Brad</b>	6:30am - 7:20am Total Body Training <b>Rebecca</b>	6:45am - 7:15am Express Core <b>Rebecca</b>	6:15am - 6:45am Express Total Body <b>Melissa</b>	6:30am - 7:20am Cycle <b>Melissa</b>		<b>Pilates Week April 29-May 4</b> Enter to win every time you attend a Mat Pilates or Barre class, Reformer Session, or Demo!
8:00am - 8:50am Chair Pilates <b>Emilie</b>	8:00am - 8:50am Original Flow <b>Leslie</b>	8:00am - 8:50am Barbell <b>Sandra</b>	8:00am - 8:50am Original Flow <b>Leslie</b>	8:00am - 8:50am Original Flow <b>Leslie</b>	8:15am - 9:05am Barbell <b>Rebecca/Melissa</b>	
8:15am - 8:45am Express Cycle <b>Erika</b>	9:00am - 9:50am Mat Pilates <b>Leslie</b>	8:15am - 8:45am Beginner Cycle <b>Namgay</b>	9:00am - 9:50am Renew <b>Leslie</b>	8:15am - 8:45am Beginner Cycle <b>Erika</b>	9:15am - 10:05am Cycle <b>Melissa</b>	<b>Reformer Demos &amp; Exo Chair Demos</b> Thu. May 2 at 11am Thu. May 2 at 4pm
9:00am - 9:50am Original Flow <b>Emilie</b>	10:00am - 10:50am Silver Fitness <b>Brad</b>	9:00am - 9:50am Stretch & Strength Yoga <b>LaMor</b>	9:00am - 9:50am Gentle Yoga <b>LaMor</b>	9:00am - 9:50am Barre, Cardio, & Core <b>Leslie</b>	9:15am - 10:05am Total Body Flow <b>Rebecca</b>	
9:00am - 9:50am Barre Strong <b>Amy</b>	10:00am - 10:50am Original Flow <b>Leslie</b>	10:00am - 10:50am SilverSneakers® Chair Yoga <b>LaMor</b>	10:00am - 10:50am SilverSneakers® BOOM <b>LaMor</b>	9:00am - 9:50am Beginner Circuit <b>Brad</b>	9:00am - 9:50am Original Flow <b>Leslie (4th, 11th, 18th)</b>	<b>Memorial Day Classes</b> 8:30am Express Cycle w/Erika 9:15am Barre w/Amy 10:15am Yoga w/Namgay
10:00am - 10:50am Lengthen & Tone <b>Emilie</b>	11:00am - 11:50am SilverSneakers® BOOM <b>LaMor</b>	11:30am - 12:20pm Sculpt Cycle <b>Charlene</b>	10:00am - 10:50am Barre Cardio Core <b>Leslie - see front desk</b>	10:00am - 10:50am Balance & Core <b>Tara</b>	10:00am - 10:50am Pilates Circuit Training <b>Leslie (4th, 11th, 18th)</b>	
10:00am - 10:50am Vinyasa Yoga <b>Namgay</b>	11:00am - 11:50am Barre Cardio Core <b>Leslie</b>		11:00am - 11:50am Mobility & Balance <b>Brad</b>		11:00am - 11:50am Intro to Reformer <b>Leslie - see front desk</b>	<b>Holiday Hours</b> 6:00am - 2:00pm
11:00am - 11:50am Intro to Reformer <b>Emilie - see front desk</b>	12:00pm - 12:50pm Int./Adv. Yoga TRX <b>LaMor</b>		11:00am - 11:50am Intro to Reformer <b>Leslie - see front desk</b>		12 - 1p Private Programming	
11:00am - 11:30am Express Core <b>Amy</b>						
11:30am - 12:20pm Cycle <b>Charlene</b>						
4:30pm - 5:20pm Original Flow <b>Emilie</b>						
5:00pm - 5:50pm Barbell & Core <b>Sandra</b>						We partner with: 
5:30pm - 6:20pm Lengthen & Tone <b>Emilie</b>	4:15pm - 5:00pm Cycle <b>Erika</b>					
5:45pm - 6:30pm Cycle <b>Rebecca</b>	5:15pm - 5:45pm STRONG 30® <b>Sandra</b>		5:15pm - 5:45pm Express Core <b>Rebecca</b>		<b>Ask about our Specialty Programs:</b> Medical Fitness Studio Pilates Golf Fitness Maternity Fitness POWER	
6:00pm - 6:50pm Zumba® <b>Sandra</b>	6:00pm - 6:30pm Express Zumba Step® <b>Sandra</b>	6:00pm - 6:50pm Power Yoga <b>Elyse</b>	6:00pm - 6:50pm Gentle Yoga <b>Rebecca</b>			
	6:00pm - 6:50pm Circuit Training <b>Brad</b>					

To ensure your space in a class, register in advance at the front desk, the Pulse Access app, or the Member Portal at [GymPayment.com](http://GymPayment.com)

**Admission policy:** Please do NOT enter a group fitness class more than 10 minutes after scheduled start time.

The Fitness Center reserves the right to limit class size. Hard soled athletic shoes required for cycling classes.

**Fitness Center Hours:** 5am - 9pm Monday - Thursday | 5am - 8pm Friday | 8am - 4pm Saturday and Sunday

**Cycle Class** | **New Classes** | **Fee Class** | **(O)** - Outdoor Class (weather permitting)

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**BayCare Fitness Center - Bloomingdale**  
 2470 Bloomingdale Avenue  
 Valrico, FL 33596  
 (813) 586-8600

[BayCareFitness.org](http://BayCareFitness.org)

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