Get Into Fitness Today (GIFT) Class Schedule

Get Into Fitness Today (GIFT) is a free program offered to the community and made possible through BayCare's partnership with the Florida State Department of Health. GIFT was developed by registered dietitians, nurses and health educators, and uses science-based information to reduce chronic diseases through obesity prevention. GIFT emphasizes improving your nutrition and increasing physical activity in your daily life, both of which help facilitate weight reduction.

During this 12-week program, teachers provide you educational information and health tools to support your goals. The first six weeks focus on nutrition, food portioning and labels, while the second six weeks focus on maintenance, fitness and preventing disease.

Note: The class is more educational and offers only a light portion of physical exercise toward the end of the program.

Who can attend?
Any individual with a body mass index (BMI) of 25 or higher and/or pre-hypertension (high blood pressure). Must be 18 or older.

How long is the class?
One hour a week for 12 weeks

What do I wear?
Casual, comfortable clothes. Sneakers or closed-toe shoes are suggested, but not required.

Virtual Class Information

At BayCare, your health is our number one priority. In order to reduce the risks of COVID-19, we have made many classes online. Until further notice, as you register for classes, your facilitator should be reaching out individually step-by-step instructions on how to attend each virtual class.

Tuesdays, November 9-January 25
6-7pm
Sponsored by BayCare

Mondays, November 15-January 31
6-7pm
Clase en español
Sponsored by BayCare

Wednesdays, November 17-February 2
6:30-7:30pm
Sponsored by BayCare

Thursdays, December 16-March 3
6-7pm
Clase en español
Sponsored by BayCare

Tuesdays, December 14-March 1
11-12pm
Sponsored by BayCare

Wednesdays, December 15-March 2
5-6pm
Sponsored by BayCare

Registration is required. To enroll in this program or for more info, email GetHealthy@baycare.org or call (727) 467-4991.

BayCare.org/GetHealthy