

# Group Exercise Schedule

At BayCare Fitness Centers | June 2021



| MONDAY   | TUESDAY  | WEDNESDAY  | THURSDAY  | FRIDAY  | SATURDAY   | SUNDAY   |
|--|--|--|---|---|--|--|
| 5:15 – 6:05am<br>Full Body Boot Camp<br><b>Brad</b>                            | 5:15 – 6:05am<br>Cardio Kickboxing<br><b>JT</b>                        | 5:15 – 6:05am<br>Cycle<br><b>Melissa/Charlene</b>                      |   |   | 8 - 8:50am VIRTUAL<br>Maternity & Motherhood Fitness<br>(fee class)              | <b>Serenity Sundays<br/>(Ending in June)</b>                           |
| 6:45 – 7:35am<br>15/15/15<br><b>Brad (O)</b>                                   | 6:30 – 7:20am<br>Circuit Training<br><b>JT (O)</b>                     | 6:45 – 7:35am<br>Power Flow<br><b>Stephanie</b>                        | 6:45 – 7:35am<br>Circuit Training<br><b>Brad (O)</b>                | 6:30 – 7:20am<br>Pilates TRX<br><b>Leslie</b>                           |  | Free community classes at<br>BayCare Fitness Center<br>Bloomingtondale |
| 8:00 – 8:50am<br>Barbell<br><b>Amy</b>   | 9:00 - 9:50am VIRTUAL<br>Maternity & Motherhood Fitness<br>(fee class) | 8:00 – 8:50am<br>Body Blast<br><b>Sandra</b>                           |   | 8 – 8:50am<br>Pilates TRX<br><b>Leslie</b>                              | 8:15 – 9:05am<br>Cycle<br><b>Melissa/Namgay</b>                                  | 1 <sup>st</sup> Sunday Intro to Tai Chi<br>w/JT<br>9am-10am            |
| 9:00 – 9:50am<br>Barre<br><b>Amy</b>   | 9:00 – 9:50am<br>Mat Pilates<br><b>Leslie</b>                          | 9:00 – 9:50am<br>Stretch & Strength Yoga<br><b>LaMor</b>               | 9:00 – 9:50am<br>Gentle Yoga<br><b>LaMor</b>                        | 9:00 – 9:50am<br>15/15/15<br><b>Brad (O)</b>                            | 9:15 – 10:05am<br>PIYO®<br><b>Stephanie</b>                                      | 2 <sup>nd</sup> Sunday Yoga w/Sallie<br>3:30-4:30pm                    |
| 10:00 – 10:50am<br>Vinyasa Yoga<br><b>Samantha</b>                             | 10:00 – 10:50am<br>Mobility for Daily Activity<br><b>Brad</b>          | 10:00 – 10:50am<br>SilverSneakers® Enerchi<br><b>JT</b>                | 10:00 – 10:50am<br>SilverSneakers® BOOM<br><b>LaMor</b>             | 10 – 10:50am<br>Balance & Core<br><b>Tara</b>                           |  | 3 <sup>rd</sup> Sunday Yoga w/LaMor<br>9am-10am                        |
| 11:00am – 12:00pm<br>Specially Fit Workout<br>(Private programming)            | 11:00 – 11:50am<br>Yoga TRX<br><b>LaMor</b>                            | 11:00 – 11:50am<br>SilverSneakers® Chair Yoga<br><b>LaMor</b>          | 11:00am – 12:00pm<br>Specially Fit Workout<br>(Private programming) | 11:00 – 11:50am<br>Cardio Kickboxing<br><b>JT</b>                       | 11:15 – 12:05pm<br>Intro to Pilates Reformer<br><b>Leslie</b> (appointment only) | 4 <sup>th</sup> Sunday Intro to PiYo<br>w/Stephanie<br>9am-10am        |
| 11:30am – 12:20pm<br>Cycle<br><b>Charlene</b>                                  |  | 11:30 – 12:20pm<br>Sculpt Cycle<br><b>Charlene</b>                     |   | 12:00 – 12:50pm<br>SilverSneakers® Enerchi<br><b>JT</b>                 | 12:00 – 1:30pm<br>Specially Fit Workout<br>(Private programming)                 |  |
|  |  |  | 1:00 – 1:50pm<br>Mobility for Daily Activity<br><b>Brad</b>         |   |  | <br><br><br><br>   |
|  | 5:00 – 5:50pm<br>Cardio Kickboxing<br><b>JT</b>                        | 5:30 - 6:20pm VIRTUAL<br>Maternity & Motherhood<br>Fitness (fee class) |   |   |  |  |
| 6:00 – 6:50pm<br>Zumba®<br><b>Sandra</b>                                       | 6:00 – 6:50pm<br>Circuit Training<br><b>Brad (O)</b>                   | 6:00 – 6:50pm<br>PIYO®<br><b>Stephanie</b>                             | 6:00 – 6:50pm<br>Restorative Yoga & Meditation<br><b>LaMor</b>      | 6:00 – 6:50pm<br>Circuit Training<br><b>Brad (O)</b>                    |  |  |
| 6:35 – 7:25pm<br>Intro to Pilates Reformer<br><b>Leslie</b> (appointment only) | 7:00 – 7:50pm<br>Intro to Tai Chi<br><b>JT</b>                         | 6:30 – 7:20pm<br>Cycle<br><b>Melissa/Namgay</b>                        | 7:00 – 7:50pm<br>Cardio Kickboxing<br><b>JT</b>                     | 7:00 – 7:50pm<br>Gentle Flow Yoga<br><b>LaMor/Elyse/Sallie/Jennifer</b> | Mondays at 9:30am<br>(Fee class – ask at Front Desk<br>for more information)     |  |

**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 to 10 participants.

Hard soled athletic shoes required for cycling classes.

**Hours (as of June 1):** 5am – 9pm Monday – Thursday | 5am – 8pm Friday | 8am – 5pm Saturday and Sunday

Facebook.com/BayCareFitnessBloomingtondale Cycle New this month Fee class (O) – Outdoor Class (weather permitting)

**BayCare Fitness Center - Bloomingtondale**

2470 Bloomingtondale Avenue  
Valrico, FL 33596  
(813) 586-8600



#BayCareFitness

BayCareFitness.org