Group Exercise Schedule

At BayCare Fitness Centers May 2021



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:15 – 6:05am Full Body Boot Camp Brad	5:15 – 6:05am Cardio Kickboxing JT	5:15 – 6:05am Cycle Melissa/Charlene			8 - 8:50am VIRTUAL Maternity & Motherhood Fitness (fee class)	Serenity Sundays
6:45 – 7:35am 15/15/15 Brad (O)	6:30 – 7:20am Circuit Training JT (0)	6:45 – 7:35am Power Flow Stephanie	6:45 – 7:35am Circuit Training Brad (O)	6:30 – 7:20am Pilates TRX Leslie		Free community events at BayCare Fitness Center Bloomingdale
8:00 – 8:50am Barbell Amy	9:00 - 9:50am VIRTUAL Maternity & Motherhood Fitness (fee class)	8:00 – 8:50am Body Blast Sandra		8 – 8:50am Pilates TRX Leslie	8:15 – 9:05am Cycle Melissa/Namgay	1 st Sunday Intro to Tai Chi w/JT 9am-10am
9:00 – 9:50am Barre Amy	9:00 – 9:50am Mat Pilates Leslie	9:00 – 9:50am Stretch & Strength Yoga LaMor	9:00 – 9:50am Gentle Yoga LaMor	9:00 – 9:50am 15/15/15 Brad (O)	9:15 – 10:05am PIYO [®] Stephanie	2 nd Sunday Yoga w/Sallie 3:30-4:30pm
	10:00 – 10:50am Mobility for Daily Activity Brad	10:00 – 10:50am SilverSneakers® Enerchi JT	10:00 – 10:50am SilverSneakers® BOOM LaMor	10 – 10:50am Balance & Core Tara		3 rd Sunday Yoga w/LaMor 9am-10am
11:00am – 12:00pm Specially Fit Workout (Private programming)	11:00 – 11:50am Yoga TRX LaMor	11:00 – 11:50am SilverSneakers® Chair Yoga LaMor	11:00am – 12:00pm Specially Fit Workout (Private programming)	11:00 – 11:50am Cardio Kickboxing JT	11:15 – 12:05pm Intro to Pilates Reformer Leslie (appointment only)	4 th Sunday Intro to PiYo w/Stephanie 9am-10am
11:30am – 12:20pm Cycle Charlene		11:30 – 12:20pm Sculpt Cycle Charlene		12:00 – 12:50pm SilverSneakers® Enerchi JT	12:00 – 1:30pm Specially Fit Workout (Private programming)	
			1:00 – 1:50pm Mobility for Daily Activity Brad		SilverSneakers by Tivity Health	
	5:00 – 5:50pm Cardio Kickboxing JT	5:30 - 6:20pm VIRTUAL Maternity & Motherhood Fitness (fee class)				
6:00 – 6:50pm Zumba® Sandra	6:00 – 6:50pm Circuit Training Brad (O)	6:00 – 6:50pm PIYO® Stephanie	6:00 – 6:50pm Restorative Yoga & Meditation LaMor	6:00 – 6:50pm Circuit Training Brad (O)	Renew Active UnitedHealthcare	
6:35 – 7:25pm Intro to Pilates Reformer	7:00 – 7:50pm Intro to Tai Chi	6:30 – 7:20pm Cycle	6:35 – 7:25pm Intro to Pilates Reformer	7:00 – 7:50pm Gentle Flow Yoga	¥ c pe	erfit

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

Melissa/Namgay

The Fitness Center reserves the right to limit class size to 10 participants.

Hard soled athletic shoes required for cycling classes.

Hours: 5am – 8pm, Monday – Friday | 8am – 5pm, Saturday and Sunday

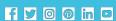
Facebook.com/BayCareFitnessBloomingdale Cycle New this month Fee class

Leslie (appointment only)

7:00 - 7:50pm Cardio Kickboxing

(O) - Outdoor Class (weather permitting)

LaMor/Elyse/Sallie/Jennifer



Leslie (appointment only)

#BayCareFitness



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

BayCareFitness.org