

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 (O)	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 Bloomingtondale
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		 	
	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)		
6:35 – 7:25pm Intro to Pilates Reformer Leslie (appointment only)	7:00 – 7:50pm Intro to Tai Chi JT	6:30 – 7:20pm Cycle Melissa/Namgay	6:35 – 7:25pm Intro to Pilates Reformer Leslie (appointment only)	7:00 – 7:50pm Gentle Flow Yoga LaMor/Elyse/Sallie/Jennifer		
			7:00 – 7:50pm Cardio Kickboxing JT			

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

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

BayCare Fitness Center - Bloomingtondale

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BayCareFitness.org



#BayCareFitness