

Group Exercise Schedule

At BayCare Fitness Centers | June 2021



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	5:30 - 6:15am Cycle Circuit Trina		5:30 - 6:15am Boxing Circuit Trina		8 - 8:50am VIRTUAL Maternity & Motherhood Fitness (fee class)	
8:30 - 9:20am Intermediate Mat Pilates – Maud	8:30 - 9:20am Total Body Training Renee	8:30 - 9:20am Barre Leslie	8:30 - 9:20am Total Body Training Renee	9 - 9:50am Int./Advanced Mat Pilates - Maud	9 - 9:50am Strength Training Trina/Don/Patricia/Nancy	
9:30 - 10:20am Step Leslie	9 - 9:50am VIRTUAL Maternity & Motherhood Fitness (fee class)	9:30 - 10:20am Stretch & Relax Leslie	9:30 - 10:20am Gentle Yoga Kathleen	10 - 10:50am Barre Maud	10 - 10:50am Yoga Kathleen	
10:30 - 11:20am Total Body Training Carol	9:30 - 10:20am Low Impact Aerobics Leslie	10:30 - 11:20am Tai Chi David	10:30 - 11:20am Zumba® Kathleen			
	10:30 - 11:20am Vinyasa Flow Yoga Kathleen		11:30 - 12:20pm Tabata Carol			
12 - 12:50pm Upper Body & Core Leslie	11:30 - 12:20pm Interval Training Carol	12 - 12:50pm Lower Body & Core Leslie	12:30 - 1:20pm Drums ALIVE Mary			
1 - 1:50pm Tai Chi David	1:30 - 2:20pm SilverSneakers® Stability Wendy	1 - 1:50pm SilverSneakers® Boom Move - Mary	1:30 - 2:20pm SilverSneakers® Yoga Wendy	1 - 1:50pm Life Improvement Program – Cathleen		1 - 1:50pm Gentle Yoga Cathleen
2 - 3pm Private Programming	2:30 - 3:30pm Private Programming	2 - 3pm Private Programming	2:30 - 3:30pm Private Programming	2 - 3pm Private Programming		
				4:30 - 5:20pm Total Body Training Lori (dates: 6/11, 6/25)		
5:30 - 6:20pm Strength Training Don	5:30 - 6:20pm Tabata (Interval Training) - Sandi	5:30 - 6:20pm VIRTUAL Maternity & Motherhood Fitness (fee class)	5:30 - 6:20pm Core Boxing Don			
6:30 - 7:20pm Zumba® Nicole		5:30 - 6:30pm Power Yoga Patricia	6:30 - 7:20pm Cardio Dance Sandi			

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.

Hours (as of June 1): 5am – 9pm Monday – Thursday | 5am – 8pm Friday | 8am – 5pm Saturday and Sunday
 Facebook.com/BayCareFitnessCheekPowell

Cycle
 New this month
 Fee Class

Cheek-Powell Fitness Center

455 Pinellas Street
 Clearwater, FL 33756
 (727) 462-7685

BayCareFitness.org



#BayCareFitness