

# Group Exercise Schedule

At BayCare Fitness Centers | March 2021



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
			5:30 - 6:15am Strength Training <b>Trina</b>		8 - 8:50am <b>VIRTUAL</b> Maternity & Motherhood Fitness (fee class)	
8:30 - 9:20am Intermediate Mat Pilates – <b>Maud</b>	8:30 - 9:20am Total Body Training <b>Renee</b>	8:30 - 9:20am Barre <b>Leslie</b>	8:30 - 9:20am Total Body Training <b>Renee</b>	9 - 9:50am Int./Advanced Mat Pilates <b>Maud</b>	9 - 9:50am Strength Training <b>Trina/Don</b>	
9:30 – 10:20am Step <b>Leslie</b>	9:30 – 10:20am Low Impact Aerobics <b>Leslie</b>	9:30 – 10:20am Stretch & Relax <b>Leslie</b>	9:30 – 10:20am Gentle Yoga <b>Kathleen</b>	10 – 10:50am Barre <b>Maud</b>	10 - 10:50am Yoga <b>Sara/Karen</b>	
	10:30 – 11:20am Vinyasa Flow Yoga <b>Kathleen</b>		10:30 – 11:20am Zumba® <b>Nicole</b>			
12 – 12:50pm Upper Body & Core <b>Leslie</b>		12 – 12:50pm Lower Body & Core <b>Leslie</b>				
	1 - 1:45pm SilverSneakers® Yoga <b>Wendy</b>		1 - 1:45pm SilverSneakers® Yoga <b>Wendy</b>	1 - 1:50pm Life Improvement Program – <b>Cathleen</b>		1 – 1:50pm Gentle Yoga <b>Cathleen</b>
2 – 3pm Private Programming	2 – 3pm Private Programming	2 – 3pm Private Programming	2 – 3pm Private Programming	2 – 3pm Private Programming		
				4:30 - 5:20pm Interval Training <b>Joy</b>		<b>Renew Active</b> by UnitedHealthcare
5:30 - 6:20pm Strength Training <b>Don</b>	5:30 - 6:20pm Cardio Boxing <b>Sandi</b>	5:30 - 6:20pm Maternity & Motherhood Fitness (fee class) <b>Shailja</b> (pre-reg at front desk)	5:30 - 6:20pm Boxing Boot Camp <b>Don</b>			<b>SilverSneakers</b> by Tivity Health
6:30 - 7:20pm Zumba® <b>Nicole</b>						<b>peerfit</b> partner

**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:** 5am – 8pm, Monday – Friday | 8am – 5pm, Saturday and Sunday  
Facebook.com/BayCareFitnessCheekPowell

■ Cycle ■ New this month ■ Fee Class



#BayCareFitness

## Cheek-Powell Fitness Center

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

BayCareFitness.org