

Group Exercise Schedule

At BayCare Fitness Centers | October 2021



| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|------------------------------------------------------------|---------------------------------------------------------------------|------------------------------------------------------------------------|---------------------------------------------------------------|-------------------------------------------------------------|---------------------------------------------------------------------|----------------------------------------------|
| | | | | | 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 | |
| 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 Vinyasa Flow Yoga Kathleen | | 11:30 – 12:20pm Tabata (Interval Training) Carol | | | |
| 12 – 12:50pm Upper Body & Core Leslie | 12 – 12:50pm Cardio Kickboxing Carol | 12 – 12:50pm Lower Body & Core Leslie | | | | |
| 1 – 1:50pm Tai Chi David | 1 - 1:50pm SilverSneakers® Stability Wendy (New Time) | 1 – 1:50pm Qigong Mary | 1 - 1:50pm SilverSneakers® Yoga Wendy (New Time) | 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 | | |
| | | | | | | |
| 5:30 - 6:20pm Strength Training Don | 5:30 - 6:20pm Tabata (Interval Training) Sandi | 5:30 – 6:30pm Vinyasa Flow Yoga Patricia | 5:30 - 6:20pm Core Boxing Don | | | |
| 6:30 - 7:20pm Zumba® Nicole | | 6:00 - 6:50pm VIRTUAL Maternity & Motherhood Fitness (fee class) | | | | |



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.

Fitness Center Hours: 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



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