

# Group Fitness Schedule

at BayCare Fitness Center Bloomingdale | December 2022



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:15am – 6:05am Strength Training <b>Namgay</b>	5:15am – 6:05am Cardio Kickboxing <b>JT</b>	5:15am – 6:05am Cycle <b>Namgay</b>	5:15am – 6:05am Circuit Training <b>JT</b>	5:15am – 6:05am Cycle & Stretch <b>Melissa</b>	8:00am - 8:50am VIRTUAL Maternity & Motherhood Fitness (see front desk)	<b>Pop-Ups &amp; Event schedule!</b>  <b>Thur 12/8 9am</b> Holiday Barre Circuit  <b>Sat 12/10 7:30am</b> Santa 5K and Family Fun Run/Pet Walk  <b>Sat 12/10 9am</b> Pilates Reformer Open House  <b>Sat 12/17 10am</b> Holiday Zumba Party  <b>Sun 12/18 2pm</b> Yoga Nidra
6:30am – 7:20am Cardio & Core <b>Brad</b>	6:30am – 7:20am Circuit Training <b>JT (O)</b>	6:30am – 7:20am Total Body Training <b>Amy</b>	6:30am – 7:20am HIIT & Stretch <b>Amy</b>		8:15am – 9:05am Cardio Kickboxing <b>JT</b>	
	9:00am - 9:50am VIRTUAL Maternity & Motherhood Fitness (see front desk)	8:00am – 8:50am Barbell <b>Sandra</b>			9:15am – 10:05am Cycle <b>Melissa</b>	
9:00am – 9:50am Barre <b>Amy</b>	9:00am – 9:50am Mat Pilates <b>Leslie</b>	9:00am – 9:50am Stretch & Strength Yoga <b>LaMor</b>	9:00am – 9:50am Gentle Yoga <b>LaMor</b>	9:00am – 9:50am Strength & Cardio <b>Brad</b>	9:15am – 10:05am PIYO® <b>Stephanie</b>	
10:00am – 10:50am Vinyasa Yoga <b>Samantha</b>	10:00am – 10:50am Starting Out Strong <b>Brad</b>	10:00am – 10:50am SilverSneakers® Enerchi <b>JT</b>	10:00am – 10:50am SilverSneakers® BOOM <b>LaMor</b>	10:00am – 10:50am Balance & Core <b>Tara</b>	10:30am – 11:20am Mat Pilates <b>Leslie/Rebecca</b>	
	11:00am – 11:50am Int./Adv. Yoga TRX <b>LaMor</b>	11:00am – 11:50am SilverSneakers® Chair Yoga <b>LaMor</b>	11:00am – 11:50am Mobility for Daily Activity <b>Brad</b>	11:00am – 11:50am SilverSneakers® Enerchi <b>JT</b>		
11:30am – 12:20pm Cycle <b>Charlene</b>		11:30am – 12:20pm Sculpt Cycle <b>Charlene</b>				
12:00pm – 12:50pm Lift & Flow <b>Amy</b>	12:00pm – 12:50pm Beginner Yoga TRX <b>LaMor</b>			12:00pm – 12:50pm Cardio Kickboxing <b>JT</b>	12:00pm – 1:30pm Specially Fit Workout (Private programming)	
	5:00pm - 6:00pm Golf Mobility <b>Brad</b> (book at front desk)	2:00 – 2:50pm Balance & Core <b>Tara</b>		5:00pm - 6:00pm Golf Mobility <b>Brad</b> (book at front desk)		
5:00pm – 5:50pm Barbell & Core <b>Sandra</b> (new instructor)			5:00pm – 5:50pm Zumba® <b>Sandra</b>			
6:00pm – 6:50pm Zumba® <b>Sandra</b>	6:00pm – 6:50pm Circuit Training <b>Brad</b>	6:00pm – 6:50pm Stretch & Strength Yoga <b>Elyse</b>	6:00pm – 6:50pm Restorative Yoga/Meditation <b>Jennifer</b> (new instructor)	6:00pm – 6:50pm Circuit Training <b>Brad</b>	Ask about scheduling your <b>FREE Intro to Pilates Reformer Session!</b>	
6:00pm – 6:50pm Cycle <b>Rebecca</b>		6:00pm - 6:50pm VIRTUAL Maternity & Motherhood Fitness (see front desk)				
			7:00pm – 7:50pm Cardio Kickboxing <b>JT</b>			

We partner with:



To ensure your space in a class, register in advance at the front desk or on the Member Portal at [GymPayment.com](http://GymPayment.com)

**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. Hard soled athletic shoes required for cycling classes.

**Fitness Center Hours:** 5am – 9pm Monday – Thursday | 5am – 8pm Friday | 8am – 4pm Saturday and Sunday

**Cycle Class**      **New This Month**      **Fee Class**      **(O)** – Outdoor Class (weather permitting)

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[BayCareFitness.org](http://BayCareFitness.org)

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