




Group Exercise Schedule

At BayCare Fitness Centers | January 2022



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30 – 6:20am Strength Training Rebecca	5:15 – 6:05am Cardio Kickboxing JT	5:15 – 6:05am Cycle Rebecca	5:15 – 6:05am Circuit Training JT	5:15 – 6:05am Cycle Melissa	8 – 8:50am VIRTUAL Maternity & Motherhood Fitness (fee class)	
	6:30 – 7:20am Circuit Training JT (O)			6:00 – 6:50am Lift & Flow Stephanie		
7:00 – 7:50am Interval Training Brad			7:00 – 7:50am Interval Training Brad		8:15 – 9:05am Cardio Kickboxing JT	
8:00 – 8:50am Barbell Amy	9:00 - 9:50am VIRTUAL Maternity & Motherhood Fitness (fee class)	8:00 – 8:50am Barbell Sandra			9:15 – 10:05am Cycle Melissa/Rebecca	
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	9:15 – 10:05am PIYO® Stephanie	
10:00 – 10:50am Vinyasa Yoga Samantha	10:00 – 10:50am Mobility for Daily Activity Brad	10:00 – 10:50am SilverSneakers® Enerchi JT	10:00 – 10:50am SilverSneakers® BOOM LaMor	10:00 – 10:50am Balance & Core Tara		
	11:00 – 11:50am Int./Adv. Yoga TRX LaMor	11:00 – 11:50am SilverSneakers® Chair Yoga LaMor	11:00 – 11:50am Mobility for Daily Activity Brad	11:00 – 11:50am Cardio Kickboxing JT		
11:30am – 12:20pm Cycle Charlene	12:00 – 12:50pm Beginner Yoga TRX LaMor	11:30 – 12:20pm Sculpt Cycle Charlene		12:00 – 12:50pm SilverSneakers® Enerchi JT	12:00 – 1:30pm Specially Fit Workout (Private programming)	
		12:00pm – 1:00pm Specially Fit Workout (Private programming)				
	5:00 - 6:00pm Golf Mobility (fee class) Brad (book at front desk)			5:00 - 6:00pm Golf Mobility (fee class) Brad (book at front desk)	<p>Schedule a free Intro to Pilates Reformer at the front desk or email Leslie.Beckhorn@baycare.org</p>   	
	5:00 – 5:50pm Cardio Kickboxing JT		5:00 – 5:50pm Zumba® Sandra			
6:00 – 6:50pm Zumba® Sandra	6:00 – 6:50pm Circuit Training Brad	6:00 – 6:50pm PIYO® Stephanie	6:00 – 6:50pm Restorative Yoga & Meditation LaMor	6:00 – 6:50pm Circuit Training Brad		
6:00 – 6:50pm Cycle Rebecca		6:00 - 6:50pm VIRTUAL Maternity & Motherhood Fitness (fee class)				
	7:00 – 7:50pm Intro to Tai Chi JT		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.

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

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

BayCare Fitness Center - Bloomingdale
2470 Bloomingdale Avenue
Valrico, FL 33596
(813) 586-8600



#BayCareFitness

BayCareFitness.org