

Group Fitness Schedule

at BayCare Fitness Center Bloomingdale

November 2022



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:15am – 6:05am Strength Training Namgay <i>(new instructor/time)</i>	5:15am – 6:05am Cardio Kickboxing JT	5:15am – 6:05am Cycle Namgay	5:15am – 6:05am Circuit Training JT	5:15am – 6:05am Cycle & Stretch Melissa	8:00am - 8:50am VIRTUAL Maternity & Motherhood Fitness (see front desk)	
6:30am – 7:20am Cardio & Core Brad	6:30am – 7:20am Circuit Training JT (O)	6:30am – 7:20am Total Body Training Amy	6:30am – 7:20am HIIT & Stretch Amy			
					8:15am – 9:05am Cardio Kickboxing JT	
	9:00am - 9:50am VIRTUAL Maternity & Motherhood Fitness (see front desk)	8:00am – 8:50am Barbell Sandra			9:15am – 10:05am Cycle Melissa	
9:00am – 9:50am Barre Amy	9:00am – 9:50am Mat Pilates Leslie	9:00am – 9:50am Stretch & Strength Yoga LaMor	9:00am – 9:50am Gentle Yoga LaMor	9:00am – 9:50am Strength & Cardio Brad	9:15am – 10:05am PIYO® Stephanie	
10:00am – 10:50am Vinyasa Yoga Samantha	10:00am – 10:50am Starting Out Strong Brad	10:00am – 10:50am SilverSneakers® Enerchi JT	10:00am – 10:50am SilverSneakers® BOOM LaMor	10:00am – 10:50am Balance & Core Tara	10:30am – 11:20am Mat Pilates Leslie/Rebecca	
	11:00am – 11:50am Int./Adv. Yoga TRX LaMor	11:00am – 11:50am SilverSneakers® Chair Yoga LaMor	11:00am – 11:50am Mobility for Daily Activity Brad	11:00am – 11:50am SilverSneakers® Enerchi JT		
11:30am – 12:20pm Cycle Charlene		11:30am – 12:20pm Sculpt Cycle Charlene				
12:00pm – 12:50pm Lift & Flow Amy	12:00pm – 12:50pm Beginner Yoga TRX LaMor	12:00pm – 1:00pm Specially Fit Workout (Private programming)		12:00pm – 12:50pm Cardio Kickboxing JT	12:00pm – 1:30pm Specially Fit Workout (Private programming)	
	5:00pm - 6:00pm Golf Mobility Brad (book at front desk)	2:00 – 2:50pm Balance & Core Tara		5:00pm - 6:00pm Golf Mobility Brad (book at front desk)	Check out the Pop-Ups schedule!	We partner with: One Pass™
5:00pm – 5:50pm Barbell & Core Rebecca	5:00pm – 5:50pm Barre Amy		5:00pm – 5:50pm Zumba® Sandra		Ask about scheduling your FREE Intro to Pilates Reformer Session!	
6:00pm – 6:50pm Zumba® Sandra	6:00pm – 6:50pm Circuit Training Brad	6:00pm – 6:50pm Stretch & Strength Yoga Elyse	6:00pm – 6:50pm Restorative Yoga/Meditation LaMor	6:00pm – 6:50pm Circuit Training Brad		
6:00pm – 6:50pm Cycle Rebecca		6:00pm - 6:50pm VIRTUAL Maternity & Motherhood Fitness (see front desk)				
			7:00pm – 7:50pm Cardio Kickboxing JT			

To ensure your space in a class, register in advance at the front desk or on the Member Portal at [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](#)

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