

Group Fitness Schedule

at Cheek-Powell Fitness Center | December 2022



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
					8:00am - 8:50am VIRTUAL Maternity & Motherhood Fitness (see Front Desk)	Pop Ups Schedule!
8:30am - 9:20am Intermediate Mat Pilates Maud	8:30am - 9:20am Total Body Training Renee	8:30am - 9:20am Barre Leslie	8:30am - 9:20am Total Body Training Renee			Tue 12/6 5:30am Cycle
	9:00am - 9:50am VIRTUAL Maternity & Motherhood Fitness (see Front Desk)			9:00am - 9:50am Int./Advanced Mat Pilates - Maud	9:00am - 9:50am Strength Training Trina/Kathleen	Sun 12/11 8:15am Cycle
9:30am - 10:20am Step Leslie	9:30am - 10:20am Low Impact Aerobics Leslie	9:30am - 10:20am Beginner Mat Pilates Leslie	9:30am - 10:20am Low Impact Aerobics Renee			Fri 12/16 4:30pm Restorative Yin Yoga
				10:00am - 10:50am Barre Maud	10:00am - 10:50am Yoga Kathleen	Sun 12/18 8:15am Cycle
10:30am - 11:20am Total Body Training Carol	10:30 - 11:20am Vinyasa Flow Yoga Kathleen	10:30am - 11:20am Beginner Line Dancing Laura	10:30am - 11:20am Gentle Yoga Kathleen			Tue 12/20 5:30am Cycle
			11:30 - 12:20pm Tabata (Interval Training) Carol			
12:00pm - 12:50pm Upper Body & Core Leslie	12:00pm - 12:50pm Cardio Kickboxing Carol	12:00pm - 12:50pm Lower Body & Core Leslie		12:00pm - 12:50pm Balance Skills Cathleen (no class 12/16)		
1:00pm - 1:50pm Tai Chi David	1:00pm - 1:50pm SilverSneakers® Yoga Wendy	1:00pm - 1:50pm SilverSneakers® Classic Michelle	1:00pm - 1:50pm SilverSneakers® Yoga Wendy	1:00pm - 1:50pm Life Improvement Program Cathleen		1:00pm - 1:50pm Gentle Yoga Cathleen
2:00pm - 3:00pm Private Programming	2:30pm - 3:30pm Private Programming	2:00pm - 3:00pm Private Programming	2:30 - 3:30pm Private Programming	2:00pm - 3:00pm Private Programming		
5:30 - 6:20pm Zumba® Nicole	5:30 - 6:20pm Strength & Core Pat	5:30 - 6:30pm Vinyasa Flow Yoga Patricia				
		6:00pm - 6:50pm VIRTUAL Maternity & Motherhood Fitness (see Front Desk)				

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 to 19 participants. Hard soled athletic shoes required for cycle class.

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

Cycle Class	New This Month	Fee Class
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Cheek-Powell Fitness Center

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BayCareFitness.org

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