

Group Fitness Schedule

at Cheek-Powell Fitness Center | May 2022



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
					8:00am - 8:50am VIRTUAL Maternity & Motherhood Fitness (fee class)	
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			
	9:00am - 9:50am VIRTUAL Maternity & Motherhood Fitness (fee class)			9:00am - 9:50am Int./Advanced Mat Pilates - Maud	9:00am - 9:50am Strength Training Trina/Patricia/Kathleen	
9:30am - 10:20am Step Leslie	9:30am - 10:20am Low Impact Aerobics Leslie	9:30am - 10:20am Stretch & Relax Leslie	9:30am - 10:20am Low Impact Aerobics Renee			
				10:00am - 10:50am Barre Maud	10:00am - 10:50am Yoga Kathleen	
10:30am - 11:20am Total Body Training Carol	10:30 - 11:20am Vinyasa Flow Yoga Kathleen	10:30am - 11:20am Tai Chi David	10:30am - 11:20am Gentle Yoga Kathleen			
			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		
1:00pm - 1:50pm Tai Chi David	1:00pm - 1:50pm SilverSneakers® Stability Wendy	1:00pm - 1:50pm Mindful Movement, Intention and Meditation Mark	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 Tabata (Interval Training) Sandi	5:30 - 6:30pm Vinyasa Flow Yoga Patricia				
		6:00pm - 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 19 participants. Hard soled athletic shoes required for cycling classes.
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](#)