

Group Exercise Schedule

At BayCare Fitness Centers | January 2022



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
					8 - 8:50am VIRTUAL Maternity & Motherhood Fitness (fee class)	
8:30 - 9:20am Intermediate Mat Pilates – Maud	8:30 - 9:20am Total Body Training Renee	8:30 - 9:20am Barre Leslie	8:30 - 9:20am Total Body Training Renee	9 - 9:50am Int./Advanced Mat Pilates - Maud	9 – 9:50am Strength Training Trina/Patricia	
9:30 – 10:20am Step Leslie	9 - 9:50am VIRTUAL Maternity & Motherhood Fitness (fee class)	9:30 – 10:20am Stretch & Relax Leslie	9:30 – 10:20am Low Impact Aerobics Renee	10 – 10:50am Barre Maud	10 - 10:50am Yoga Kathleen	
10:30 – 11:20am Total Body Training Carol	9:30 – 10:20am Low Impact Aerobics Leslie	10:30 – 11:20am Tai Chi David	10:30 – 11:20am Gentle Yoga Kathleen			
	10:30 – 11:20am Vinyasa Flow Yoga Kathleen		11:30 – 12:20pm Tabata (Interval Training) Carol			
12 – 12:50pm Upper Body & Core Leslie	12 – 12:50pm Cardio Kickboxing Carol	12 – 12:50pm Lower Body & Core Leslie		12 – 12:50pm Beginner Yoga Cathleen		
1 – 1:50pm Tai Chi David	1 - 1:50pm SilverSneakers® Stability Wendy		1 - 1:50pm SilverSneakers® Yoga Wendy	1 - 1:50pm Life Improvement Program – Cathleen		1 – 1:50pm Gentle Yoga Cathleen
2 – 3pm Private Programming	2:30 – 3:30pm Private Programming	2 – 3pm Private Programming	2:30 – 3:30pm Private Programming	2 – 3pm Private Programming		
			4:30 – 5:20pm Mindful Movement, Intention, & Meditation Mark			
5:30 - 6:20pm Zumba® Nicole (New Time)	5:30 - 6:20pm Tabata (Interval Training) Sandi	5:30 – 6:30pm Vinyasa Flow Yoga Patricia				
		6:00 - 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 10 participants.

Fitness Center Hours: 5am – 9pm Monday – Thursday | 5am – 8pm Friday | 8am – 5pm Saturday and Sunday
Facebook.com/BayCareFitnessCheekPowell

■ Cycle ■ New this month ■ Fee Class

Cheek-Powell Fitness Center

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BayCareFitness.org



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