

Group Fitness Schedule

at BayCare Fitness Center Bloomingdale | January 2023



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30am – 6:20am Strength Training Namgay	5:15am – 6:05am Cardio Kickboxing JT	5:15am – 6:05am Cycle Namgay	5:15am – 6:05am Circuit Training JT			Pop-Ups & Event Schedule!
6:30am – 7:20am HIIT Brad	6:30am – 7:20am Circuit Training JT (O)	6:30am – 7:20am Total Body Training Amy	6:30am – 7:20am HIIT & Stretch Amy	6:30am – 7:20am Cycle & Stretch Melissa (new time)		Fri 1/6 6pm Sunset Circuit Wed 1/11 12pm Strong & Long Yoga
					8:15am – 9:05am Cardio Kickboxing JT	Fri 1/13 6pm Full Body Boot Camp
		8:00am – 8:50am Barbell Sandra			9:15am – 10:05am Cycle Melissa	Fri 1/20 4:30pm Barre Circuit
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 Beginner Circuit Brad	9:15am – 10:05am PIYO® Stephanie	Sat 1/21 10:30am Paws & Pilates
10:00am – 10:50am Vinyasa Yoga Samantha	10:00am – 10:50am Silver Fitness Brad	10:00am – 10:50am SilverSneakers® Enerchi JT	10:00am – 10:50am SilverSneakers® BOOM LaMor	10:00am – 10:50am Balance & Core Tara		Tues 1/24 5pm Zumba Step
11:00am – 11:50am SilverSneakers® Enerchi JT	11:00am – 11:50am SilverSneakers® BOOM LaMor	11:00am – 11:50am SilverSneakers® Chair Yoga LaMor	11:00am – 11:50am Mobility & Balance Brad	11:00am – 11:50am Slow Flow Reset Yoga Sallie		Wed 1/25 12pm Reboot Yoga
11:30am – 12:20pm Cycle Charlene		11:30am – 12:20pm Sculpt Cycle Charlene				Fri 1/27 6pm Strength & Stretch
12:00pm – 12:50pm Cardio Kickboxing JT	12:00pm – 12:50pm Int./Adv. Yoga TRX LaMor				12:00pm – 1:30pm Specially Fit Workout (Private programming)	
		2:00 – 2:50pm Balance & Core Tara				We partner with:
5:00pm – 5:50pm Barbell & Core Sandra			5:00pm – 5:50pm Zumba® Sandra		Ask about our Specialty Programs: Medical Fitness Pilates Reformer Golf Fitness Maternity Fitness POWER	
5:45pm – 6:30pm Cycle Rebecca (new time)						
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 Jennifer			
			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](https://www.baycarefitness.org/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](https://www.baycarefitness.org)

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