

Group Fitness Schedule

at BayCare Fitness Center Bloomingdale | March 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! Wed 3/8 12pm Reboot Yoga for International Womens Day Thurs 3/9 12pm Yoga for Pelvic Floor \$ See Front Desk for info Sat 3/11 10:30am Paws & Pilates Fri 3/17 St. Patrick's Day Wear your GREEN! Tues 3/21 5pm Zumba Step
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			
		8:00am – 8:50am Barbell Sandra			8:15am – 9:05am Cardio Kickboxing JT	
9:00am – 9:50am Barre Strong 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 Cycle Melissa	
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	9:15am – 10:05am PIYO® Stephanie	
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		
11:30am – 12:20pm Cycle Charlene		11:30am – 12:20pm Sculpt Cycle Charlene				
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				
5:00pm – 5:50pm Barbell & Core Sandra			5:00pm – 5:50pm Zumba® Sandra			
5:45pm – 6:30pm Cycle Rebecca						
6:00pm – 6:50pm Zumba® Sandra	6:00pm – 6:50pm Circuit Training Brad	6:00pm – 6:50pm Power Yoga Elyse	6:00pm – 6:50pm Restorative Yoga/Meditation Jennifer			
			7:00pm – 7:50pm Cardio Kickboxing JT			

We partner with:



One Pass™



Ask about our Specialty Programs:

 Medical Fitness
 Pilates Reformer
 Golf Fitness
 Maternity Fitness
 POWER

BayCare Fitness Center - Bloomingdale
 2470 Bloomingdale Avenue
 Valrico, FL 33596
 (813) 586-8600

BayCareFitness.org

Follow us on Facebook: [BayCareFitnessBloomingdale](https://www.facebook.com/BayCareFitnessBloomingdale)

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)

The Silver&Fit program is provided by American Specialty Health Fitness, Inc. (ASH Fitness), a subsidiary of American Specialty Health Incorporated (ASH). The Silver&Fit logo is a federally registered trademark of ASH and used with permission herein. Other names and logos may be trademarks of their respective owners.