

Group Fitness Schedule

at BayCare Fitness Center Bloomingdale | May 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 HIIT 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			Mon 5/1-Sat 5/6 is Pilates Week! Enter into a chance drawing when you take any Pilates, Pilates Reformer or Barre class!
	8:00am – 8:50am Original Flow Leslie	8:00am – 8:50am Barbell Sandra	8:00am – 8:50am Original Flow Leslie	8:00am – 8:50am Original Flow Leslie	8:00am – 8:50am Lengthen & Tone Leslie	Wed 5/24 12pm Anytime Abs
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	8:15am – 9:05am Cardio Kickboxing JT	Monday 5/29 Memorial Day Center Hours 6am - 2pm 9am Barre Strong 11am Enerchi 11:30am Cycle
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	9:00am – 9:50am Evolution Leslie	9:05am – 9:55am Evolution Leslie	
11:00am – 11:50am SilverSneakers® Enerchi JT	10:00am – 10:50am Original Flow Leslie	11:00am – 11:50am SilverSneakers® Chair Yoga LaMor	10:00am – 10:50am Lengthen & Tone Leslie	10:00am – 10:50am Balance & Core Tara	9:15am – 10:05am Cycle Rebecca	
11:00am-11:50am Reform & Roll Leslie	11:00am – 11:50am SilverSneakers® BOOM LaMor	11:30am – 12:20pm Sculpt Cycle Charlene	11:00am – 11:50am Mobility & Balance Brad	10:00am – 10:50am Velocity Leslie	9:15am – 10:05am PIYO® Stephanie	
11:30am – 12:20pm Cycle Charlene			11:00am – 11:50am Reform & Roll Leslie	11:00am – 11:50am Slow Flow Reset Yoga Sallie	10:05am - 10:55am Reform & Roll Leslie	
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)	
12:00pm – 12:50pm Original Flow Leslie		2:00 – 2:50pm Balance & Core Tara				We partner with:
5:00pm – 5:50pm Barbell & Core Sandra				4:30pm – 5:20pm Happy Power Hour Stephanie, Elyse, Sallie		
5:45pm – 6:30pm Cycle Rebecca	5:00pm – 5:50pm Strong Nation® Sandra		5:00pm – 5:50pm Zumba® Sandra			
6:00pm – 6:50pm Zumba® Sandra						
6:00pm – 6:50pm Original Flow Leslie	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 Evolution Leslie			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

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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BayCare Fitness Center - Bloomingdale

2470 Bloomingdale Avenue

Valrico, FL 33596

(813) 586-8600

BayCareFitness.org

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