

Group Fitness Schedule

at BayCare Fitness Center Bloomingdale | September 2023



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
5:15am – 6:20am Strength Training Shane	5:15am - 6:20am Interval Training Melissa	5:15am – 6:05am Core & More Shane	5:15am - 6:20am Sculpt Cycle Melissa			Holiday & Specialty Schedule!	
7:00 - 7:50am Summer Bod Brad	6:30am – 7:20am Circuit Training Rebecca	6:30am – 7:20am HIIT & Stretch Amy	6:30am – 7:20am Total Body Training Amy	6:30am - 7:20am Cycle Melissa		Labor Day Classes: 9am Cycle with Melissa 10am Zumba with Sandra Thursdays 10am Functional Focus with Gavin (see Front Desk) Thursday 9/14 @ 12:00pm and Saturday 9/16 @ 9:30am Foam Rolling for Fascia Release with LaMor (see Front Desk)	
	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		
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 Original Flow Leslie	9:00am – 9:50am Evolution Leslie	8:15am - 9:05am Barbell Rebecca/Melissa		
10:00am – 10:50am Vinyasa Yoga Amy	10:00am – 10:50am Silver Fitness Brad	10:00am – 10:50am SilverSneakers® Enerchi JT	9:00am – 9:50am Gentle Yoga LaMor	9:00am – 9:50am Beginner Circuit Brad	9:15am – 10:05am Cycle Rebecca/Melissa		
11:00am – 11:50am SilverSneakers® Enerchi JT	10:00am – 10:50am Lengthen & Tone Leslie	11:00am – 11:50am SilverSneakers® Chair Yoga LaMor	10:00am – 10:50am SilverSneakers® BOOM LaMor	10:00am – 10:50am Balance & Core Tara			
11:30am – 12:20pm Cycle Charlene	11:00am – 11:50am SilverSneakers® BOOM LaMor	11:30am – 12:20pm Sculpt Cycle Charlene	10:00am – 10:50am Lengthen & Tone Leslie	10:00am – 10:50am Velocity Leslie			
12:00pm – 12:50pm Cardio Kickboxing JT	12:00pm – 12:50pm Int./Adv. Yoga TRX LaMor		11:00am – 11:50am Mobility & Balance Brad	11:00am – 11:50am Slow Flow Reset Yoga Sallie			
12:00pm – 12:50pm Original Flow Leslie					12:00pm - 1:00pm Private Programming		
							We partner with:
5:00pm – 5:50pm Barbell & Core Sandra				4:30pm – 5:20pm Happy Power Hour Stephanie, Elyse, Brad			
5:45pm – 6:30pm Cycle Rebecca	5:00pm – 5:50pm Strong Nation® Sandra		5:00pm – 5:50pm Zumba Step Sandra		Ask about our Specialty Programs: Medical Fitness Pilates Reformer Golf Fitness Maternity Fitness POWER		
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				
7:00 - 7:50pm PIYO® Stephanie			7:00pm – 7:50pm Cardio Kickboxing JT				
5:00pm – 5:50pm Original Flow Leslie							
6:00pm – 6:50pm Lengthen & Tone Leslie							

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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