

# Group Fitness Schedule

at BayCare Fitness Center Bloomingdale | November 2023



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	5:15am - 6:20am Interval Training <b>Melissa</b>	5:15am - 6:05am Core & More <b>Melissa</b>	5:15am - 6:20am Sculpt Cycle <b>Melissa</b>			<b>Premium &amp; Holiday Schedule!</b>
7:00 - 7:50am HIIT <b>Brad</b>	6:30am - 7:20am Circuit Training <b>Rebecca</b>	6:30am - 7:20am HIIT & Stretch <b>Amy</b>	6:30am - 7:20am Total Body Training <b>Amy</b>	6:30am - 7:20am Cycle <b>Melissa</b>		<b>Wednesdays 6:00pm Functional Focus with Gavin (see Front Desk)</b>
8:00am - 8:50am Cycle <b>Erika</b>	8:00am - 8:50am Original Flow <b>Leslie</b>	8:00am - 8:50am Barbell <b>Sandra</b>	8:00am - 8:50am Original Flow <b>Leslie</b>	8:00am - 8:50am Original Flow <b>Leslie</b>	8:15am - 9:05am Barbell <b>Rebecca/Melissa</b>	<b>Wednesday, Nov. 1, 12:00pm Yoga Nidra &amp; Gratitude Journaling with LaMor (see Front Desk)</b>
9:00am - 9:50am Barre Strong <b>Amy</b>	9:00am - 9:50am Mat Pilates <b>Leslie</b>	9:00am - 9:50am Stretch & Strength Yoga <b>LaMor</b>	9:00am - 9:50am Lengthen & Tone <b>Leslie</b>	9:00am - 9:50am Lengthen & Tone <b>Leslie</b>	9:15am - 10:05am Cycle <b>Melissa</b>	<b>Thanksgiving, Nov. 23 Center Hours 8:00am-12:00pm 8:00am TBT with Amy 9:00am Gentle Yoga with LaMor</b>
10:00am - 10:50am Vinyasa Yoga <b>Namqay</b>	10:00am - 10:50am Silver Fitness <b>Brad</b>		9:00am - 9:50am Gentle Yoga <b>LaMor</b>	9:00am - 9:50am Beginner Circuit <b>Brad</b>	9:15am - 10:05am Total Body Flow <b>Rebecca</b>	<b>Black Friday, Nov. 24 Center Hours 8:00am - 5:00pm 9:00am Beginner Circuit with Brad</b>
	10:00am - 10:50am Original Flow <b>Leslie</b>	11:00am - 11:50am SilverSneakers® Chair Yoga <b>LaMor</b>	10:00am - 10:50am SilverSneakers® BOOM <b>LaMor</b>	10:00am - 10:50am Balance & Core <b>Tara</b>	9:00am - 9:50am Original Flow <b>Leslie (11/18 &amp; 11/25)</b>	<b>Regular hours and classes resume Saturday, Nov. 25.</b>
11:30am - 12:20pm Cycle <b>Charlene</b>	11:00am - 11:50am SilverSneakers® BOOM <b>LaMor</b>	11:30am - 12:20pm Sculpt Cycle <b>Charlene</b>	10:00am - 10:50am Velocity <b>Leslie</b>	11:00am - 11:50am Slow Flow Reset Yoga <b>Sallie</b>	10:00am - 10:50am Evolution <b>Leslie (11/18 &amp; 11/25)</b>	
	12:00pm - 12:50pm Int./Adv. Yoga TRX <b>LaMor</b>		11:00am - 11:50am Mobility & Balance <b>Brad</b>			
					12 - 1p Private Programming	
						We partner with:
5:00pm - 5:50pm Barbell & Core <b>Sandra</b>	4:30pm - 5:20pm Cycle <b>Erika</b>					<b>Ask about our Specialty Programs:</b>
5:45pm - 6:30pm Cycle <b>Rebecca</b>	5:00pm - 5:50pm Strong Nation® <b>Sandra</b>		5:00pm - 5:50pm Zumba Step <b>Sandra</b>			Medical Fitness
6:00pm - 6:50pm Zumba® <b>Sandra</b>	6:00pm - 6:50pm Circuit Training <b>Brad</b>		6:00pm - 6:50pm Gentle Yoga <b>Rebecca</b>			Pilates Reformer
7:00 - 7:50pm PIYO® <b>Stephanie</b>		6:00pm - 6:50pm Power Yoga <b>Elyse</b>				Golf Fitness
						Maternity Fitness
						POWER

To ensure your space in a class, register in advance at the front desk or on the Member Portal at [GymPayment.com](http://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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