

Group Fitness Schedule

at BayCare Fitness Center Bloomingdale | January 2024



| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|--|---|---|---|--|--|--|
| | 5:15am - 6:20am Interval Training Melissa | 5:15am - 6:05am Core & More Melissa | 5:15am - 6:20am Sculpt Cycle Melissa | | | Premium Offerings |
| 7:00 - 7:50am HIIT Brad | 6:30am - 7:20am Total Body Training Rebecca | 6:30am - 7:20am HIIT & Stretch Amy | 6:30am - 7:20am Total Body Training Amy | 6:30am - 7:20am Cycle Melissa | | Functional Focus w/Gavin Tuesdays & Thursdays at 5:00pm See Front Desk for details. |
| 8:00am - 8:50am Cycle Erika | 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 | 8:15am - 9:05am Barbell Rebecca/Melissa | |
| 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 Lengthen & Tone Leslie | 9:15am - 10:05am Cycle Melissa | |
| 10:00am - 10:50am Vinyasa Yoga Namgay | 10:00am - 10:50am Silver Fitness Brad | 10:00am - 10:50am SilverSneakers® Chair Yoga LaMor | 9:00am - 9:50am Gentle Yoga LaMor | 9:00am - 9:50am Beginner Circuit Brad | 9:15am - 10:05am Total Body Flow Rebecca | |
| | 10:00am - 10:50am Original Flow Leslie | | 10:00am - 10:50am SilverSneakers® BOOM LaMor | 10:00am - 10:50am Balance & Core Tara | 9:00am - 9:50am Original Flow Leslie (13th, 20th) | |
| 11:30am - 12:20pm Cycle Charlene | 11:00am - 11:50am SilverSneakers® BOOM LaMor | 11:30am - 12:20pm Sculpt Cycle Charlene | 10:00am - 10:50am Velocity Leslie | 11:00am - 11:50am Slow Flow Reset Yoga Sallie | 10:00am - 10:50am Evolution Leslie (13th, 20th) | Foam Rolling for Fascia Release with LaMor Wednesday, January 17 at 12:00pm See Front Desk for details. |
| | 12:00pm - 12:50pm Int./Adv.Yoga TRX LaMor | | 11:00am - 11:50am Mobility & Balance Brad | | | |
| | | | | | 12 - 1p Private Programming | |
| | | | | | | We partner with: |
| 5:00pm - 5:50pm Barbell & Core Sandra | 4:30pm - 5:20pm Cycle Erika | | | | | |
| 5:45pm - 6:30pm Cycle Rebecca | 5:00pm - 5:50pm Strong Nation® Sandra | | 5:20pm - 5:50pm Express Core 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 Gentle Yoga Rebecca | | | |
| 7:00 - 7:50pm PIYO® Stephanie | | | | | | |

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)

BayCare Fitness Center - Bloomingdale

2470 Bloomingdale Avenue

Valrico, FL 33596

(813) 586-8600

[BayCareFitness.org](https://www.baycarefitness.org)

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