

Group Fitness Schedule

at Cheek-Powell Fitness Center | March 2023



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	5:30am - 6:20am Cycle Nicole		Thurs 2/9-3/16 5:30am Boxing Boot Camp			
8:30am - 9:20am Intermediate Mat Pilates Maud	8:30am - 9:20am Total Body Training Renee	8:30am - 9:20am Barre Leslie	8:30am - 9:20am Total Body Training Renee			8:15am - 9:05am Cycle Nicole
				9:00am – 9:50am Int./Advanced Mat Pilates Maud	9:00am – 9:50am Strength Training Trina/Kathleen	
9:30am – 10:20am Step Leslie	9:30am – 10:20am Low Impact Aerobics Leslie	9:30am – 10:20am Beginner Mat Pilates Leslie	9:30am – 10:20am Low Impact Aerobics Renee			Pop-Ups & Event Schedule! Thurs 2/9-3/16 5:30am Boxing Boot Camp Fri 3/17 St. Patrick's Day Wear Your GREEN! Sat 3/18 8:15am Shamrock Cycle Circuit Mon 3/27 3:30pm Yoga for Pelvic Floor \$ See Front Desk for info
				10:00 - 10:50am Barre Maud	10:00am - 11:15am Yoga Kathleen	
10:30am – 11:20am Total Body Training Carol	10:30 – 11:20am Vinyasa Flow Yoga Kathleen	10:30am – 11:20am Beginner Line Dancing Laura	10:30am – 11:20am Gentle Yoga Kathleen	11:00 - 11:50am Zumba® Nicole		
	11:30 – 12:20pm Beginner Circuit Carol		11:30 – 12:20pm Tabata (Interval Training) Carol			
12:00pm – 12:50pm Upper Body & Core Leslie		12:00pm – 12:50pm Lower Body & Core Leslie		12:00pm – 12:50pm Balance Skills Cathleen		
1:00pm – 1:50pm Tai Chi David	1:00pm - 1:50pm SilverSneakers® Yoga Wendy	1:00pm – 1:50pm SilverSneakers® Classic Michelle	1:00pm - 1:50pm SilverSneakers® Yoga Wendy	1:00pm - 1:50pm Life Improvement Program Cathleen	Ask about our Specialty Programs: Medical Fitness Pilates Reformer Maternity Fitness POWER One Pass™ 	1:00pm – 1:50pm Gentle Yoga Cathleen
2:00pm – 3:00pm Private Programming	2:30pm – 3:30pm Private Programming	2:00pm – 3:00pm Private Programming	2:30 – 3:30pm Private Programming	2:00pm – 3:00pm Private Programming		
				4:30pm – 5:25pm Restorative Yin Yoga Julie		
5:30 - 6:20pm Zumba® Nicole	5:30 - 6:20pm Total Body Training Patty	5:30 – 6:30pm Vinyasa Flow Yoga Patty	5:30 - 6:20pm Boot Camp Ashlee			
	6:30pm – 7:25pm Restorative Yin Yoga Julie					

To ensure your space in a class, register in advance at the front desk or on the Member Portal at [GymPayment.com](https://www.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 to 19 participants. Hard soled athletic shoes required for cycle class.
Fitness Center Hours: 5am – 9pm Monday – Thursday | 5am – 8pm Friday | 8am – 5pm Saturday and Sunday

Cheek-Powell Fitness Center
 455 Pinellas Street
 Clearwater, FL 33756
 (727) 462-7656

[Cycle Class](#) | [New This Month](#)

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