

# Group Fitness Schedule

at Cheek-Powell Fitness Center | November 2023



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	5:30am - 6:20am Cycle Nicole					
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 Zumba Gold - Medium Impact Blanca	9:30am - 10:20am Low Impact Aerobics Renee			<b>Holiday Schedule!</b>  Thanksgiving, Nov. 23 Center Hours 8:00am-12:00pm 8:30am TBT with Renee  Black Friday, Nov. 24 Center Hours 8:00am - 5:00pm 10:00am Barre with Maud 11:00am Zumba with Nicole 1:00pm SilverSneakers Yoga with Cathleen  Regular hours and classes resume Saturday, Nov. 25.
				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	10:30 - 11:20am Flow & Stretch Yoga Julie	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 Cathleen	1:00pm - 1:50pm Silver Fitness Carol	1:00pm - 1:50pm Zumba Gold - Low Impact Blanca	1:00pm - 1:50pm SilverSneakers® Yoga Cathleen	<b>Ask about our Specialty Programs:</b>  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 - 5:20pm Restorative Yin Yoga Julie		
5:30 - 6:20pm Zumba® Nicole	5:30 - 6:20pm Cardio Sculpt Ashlee	5:30 - 6:30pm Vinyasa Flow Yoga Pat	5:30 - 6:20pm Happy HIIT Ashlee			
	6:30pm - 7:45pm 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](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 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

<a href="#">Cycle Class</a>	<a href="#">New This Month</a>
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**Cheek-Powell Fitness Center**

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[BayCareFitness.org](http://BayCareFitness.org)

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